Recipes from Trudy McNall

Gertrude “Trudy” McNall graduated from Pennsylvania State University in 1934 with a bachelor's degree in home economics. She also studied at Fannie Farmer's Cooking School in Boston. She worked as a dietitian and at several jobs in which she gave public cooking demon-strations. She appeared twice on a morning show in 1953 on WHAM-TV (now WROC-TV). In Sept. 1953 management invited her to start a live, half hour week-day show with co-host Ross Weller. The show was called *Home Cooking*.

People could get her printed recipes by request from the station. An early sponsor was Star Markets who would print recipes from one day a week and make them available in their stores. Some of those are also included.

Starting in 1960 I.G.A. supermarkets began to sponsor the show.

Home Cooking changed to just once a week (Thursdays) in 1961.

The show ran until 1964. After that Mrs. McNall worked as a consultant for food-service businesses and made guest appearances on TV and radio.

Mrs. McNall died in 1996.

TRUDY MC NALL'S

WHAM TV
WEEKDAYS
9:00 TO 9:45 A.M.

RADIO CITY, ROCHESTER 3, N. Y.

TV RECIPES, OCTOBER 4-8, 1954

October 4, 1954

DARK OR OLD FASHIONED FRUIT CAKE

For 5 pounds	Ingredients	For 15 pounds
2 pounds	Mixed candied fruit	6 pounds
1 c.	White raisins	1 pound
1 c.	Seedless raisins	1 pound
1 c.	Currants	1 pound
2 c.	Pecans, chopped	2 pounds
1/3 c.	Flour, for dredging	1 c.
1 1/3 c.	Flour, for mixing	4 c.
1 t.	Cinnamon	1 T.
1 t.	Allspice	1 T.
1/4 t.	Mace	3/4 t.
1/4 t.	Nutmeg	3/4 t.
1/4 t.	Soda	1 t.
3/4 t.	Salt	2 t.
2/3 c.	Shortening	1 pound
2/3 c.	Brown sugar	1 pound
4	Eggs	12
1/3 c.	Molasses	1 c.
2/3 c.	Strawberry jam	2 c.
1/3 c.	Fruit juice	1 c.

Select and grease pans, then line with heavy waxed paper. Prepare fruits and nuts and collect other ingredients before starting to mix. (For mixing 5 pounds of cake you will need a 6 quart bowl. A large dishpan is fine for 15 pounds.) Mix fruits, and pecans. Sprinkle with dredging flour and mix thoroughly. Sift mixing flour, spices, soda and salt together. Beat shortening until creamy. Add sugar gradually and continue beating until light and fluffy. Beat egg yolks well. Add yolks, molasses and jam to sugar mixture and blend well. Add flour mixture by thirds alternately with fruit juice. Stir in fruit mixture. Whip egg whites until stiff, but not dry, fold in the batter. Turn into pans and bake in a slow oven 275 degrees F. as follows:

1 pound cakes--2 1/2 hours
2 pound cakes--3 to 3 1/2 hours
3 pound cakes--3 1/2 to 4 hours
5 pound cakes--4 to 4 1/2 hours

For a nice shiny glaze, brush cake with brown sugar glaze 1/2 hour before it is taken from the oven, and decorate with choice nuts and fruits, if desired.

Brown sugar glaze: Combine 1/2 c. brown sugar, 1/3 c. light corn syrup and 1/3 c. water. Boil 3 minutes. Spread on cake with a pastry brush.

Cooling: Remove cakes from oven, place on a rack and cool in pans for 30 minutes. Turn out on a rack, peel off paper, and turn carefully right side up. Allow cakes to cool thoroughly before wrapping and storing them.

Storing: Store cakes in air tight containers (tin are best). Store in a cool, dry place. Cakes may be wrapped in aluminum foil or other freezer paper and placed in freezer for an indefinite period of time. Cakes slice best when very cold.

ENGLISH PLUM PUDDING

1 c. raisins
1 c. currants
1/2 c. diced figs
1/2 c. diced dates
1/2 c. chopped dried apricots
1/4 c. diced citron
1/2 c. diced candied pineapple
1/2 c. quartered candied cherries
1/4 c. diced candied orange peel
6 eggs, well beaten
1 c. chopped nutmeats
1 c. sherry, brandy, or other fruit juice
2 1/2 c. suet
6 c. bread crumbs
2 c. brown sugar
3/4 c. flour
2 t. cinnamon
2 t. cloves
1 t. nutmeg
1 t. mace
1 t. salt

Combine all the fruits and nuts in a large bowl. Heat wine or fruit juice to boiling point and pour it over the fruits. Set aside to cool. Mix suet, bread crumbs and sugar together. Add to the cold fruit mixture and stir thoroughly. Sift flour, spices and salt together. Add to fruit mixture, alternately with the beaten eggs. Pour batter into 4 quart molds, steam for 4 to 5 hours. Serve with hard sauce.

HARD SAUCE

1/2 c. soft butter
1 c. confectioners sugar
1/4 c. brandy or sherry
Nutmeg

Cream the butter and sugar until fluffy, add the brandy or sherry 1 T. at a time until the sauce has the consistency of stiffly beaten cream. Put nutmeg over it when ready to serve. Serves 8.

October 5, 1954

BRAVO 60 SECOND FONDUE

4 oz. Bravo 60 second macaroni
4 eggs, separated
1 c. milk
1/2 t. salt
1 c. soft bread crumbs
1 c. grated cheese
1/4 c. chopped green pepper
1/4 c. finely cut pimiento

Cook macaroni according to directions on package. Drain. Beat egg yolks slightly, add 1 c. milk, the salt, bread crumbs, cheese, green pepper and pimiento. Mix well. Beat egg whites until stiff but not dry, gently fold into macaroni mixture. Bake 325 degrees 1 hour. Serves 4 to 6.

BASIC FRUIT-NUT LOAF

1 can Hi-V orange juice
2 T. lemon juice
2 c. water
6 c. mixed diced fruit
3 c. walnut meats
1 c. shortening
2 c. brown sugar
4 eggs
4 c. white flour
2 c. whole-wheat flour
3 t. baking soda

TRUDY MC NALL'S

WHAM TV
WEEKDAYS
9:00 TO 9:45 A.M.

RADIO CITY, ROCHESTER 3, N. Y.

TV RECIPES, NOVEMBER 15-19, 1954

November 15, 1954

Guest: Mr. Orrin Doell--Canandaigua, N. Y.
"Let's Talk Turkey"

THANKSGIVING MENU

Oyster Bisque
Roast Turkey Gravy Savory Stuffing
Whipped Potatoes Green Beans Creamed Onions
Cranberry Almond Sauce
30 Minute Rolls
Pineapple Coconut Chiffon Cake
Nuts to Crack Coffee Milk

Note: Much of this week will be spent on preparations for Thanksgiving so you will have plenty of time to get ready for the holiday.

WONDERFUL WHITE FRUIT CAKE

1 pound candied pineapple, chopped
1/2 pount citron, chopped
1/2 pound candied lemon peel, chopped
1/2 pound white raisins
1/2 pound almonds, chopped
1/2 pound pecans or walnuts, chopped
1 1/2 pounds candied cherries, chopped
1/2 pound candied orange peel, chopped
2 c. finely shredded coconut
6 c. flour
1 pound butter or margarine
2 c. sugar
9 eggs
1/2 c. white corn syrup
1/2 c. sherry wine
1/2 c. orange juice (Hi-V)

Combine fruits and nuts, dredge well with 2 cups of the flour. Cream butter and sugar together until light and fluffy. Add eggs one at a time, beating well after each addition. Combine corn syrup, sherry wine and orange juice, add alternately with remaining flour to butter and sugar mixture. Fold in fruits and nuts last. Pour into well greased and waxed-paper lined bread pans and bake. Remove from pans after baking and remove wax paper. Cool before storing in airtight containers.

Note: If you use the aluminum foil containers available at Atlantic Supply, you need not grease them or line them with wax paper. Remember Atlantic Supply, 380 Main Street East, headquarters for candied fruits and nuts.

Bake cakes at 275 degrees F. 1 pound cakes 2 1/2 hours, 2 pound cakes 3 hours, 3 pound cakes 3 1/2 hours.

Note: Cake does not contain any baking powder or soda. To send fruit cake in the mail, bake in aluminum foil containers. Cool thoroughly, wrap well and pack securely in a sturdy box, padding with shredded papers.

Note: You may use 4 1/2 pounds mixed diced fruit instead of measured amounts of different fruits.

November 16, 1954

30 MINUTE PECAN ROLLS
BREAD FOR THANKSGIVING DINNER

2 packages active dry yeast
1 1/4 c. warm water
1/4 c. sugar
1 1/4 t. salt
1 egg, unbeaten
3 c. flour
2 T. shortening

Dissolve yeast in warm water in large mixing bowl. Add sugar, salt and unbeaten egg. Add flour gradually. Beat well with electric mixer on low or medium speed, or by hand with large wooden spoon. Add shortening, beating until thoroughly mixed. Grease muffin pans. Cover bottom of each pan with 1 1/2 t. brown sugar, 1/2 t. melted butter, 3 or 4 pecan halves. Spoon batter into pans, filling about 1/3 full. Let rise in warm place until batter has risen level with the top of the pans (25 to 30 minutes). Bake in moderately hot oven (375-400 degrees F) 20 minutes. Let stand 1 minute before turning out of pans. Yield: 18-24 rolls.

November 17, 1954

OYSTER BISQUE
FIRST COURSE FOR THANKSGIVING DINNER

4 c. milk
1 onion, grated
3 t. salt
1/4 t. pepper
1 1/2 pints oysters
1 c. water
5 T. butter
4 T. flour
1/2 pint heavy cream, whipped

Grate the onion into the milk, add salt and pepper and bring slowly to the boiling point. Put oysters with their liquor into a small saucepan. Simmer until the edges curl. Strain the liquor into the milk, put oysters in a wooden chopping bowl, chop coarsely.

Melt butter in top of double boiler. Add flour and stir until well blended. Add milk, stirring constantly until smooth and creamy. Add chopped oysters. Reheat over boiling water.

TRUDY MC NALL'S

WHAM TV
WEEKDAYS
9:00 TO 9:45 A.M.

RADIO CITY, ROCHESTER 3, N. Y.

TV RECIPES, APRIL 4-8, 1955

April 3, 1955

EASTER SURPRISE CAKE

1 baked 10-inch angel food cake (recipe Feb. 28)
1 pkg. strawberry gelatin
1 c. boiling water
1 c. cold water
1/2 c. heavy cream
1 c. heavy cream
3 T. salt
Dash sugar
1/4 t. vanilla

Cut a 3/4 inch horizontal slice from top of cake. Carefully remove center of cake, leaving a 1/2 inch shell. Place on serving plate. Dissolve gelatin in boiling water. Add cold water. Chill until slightly thickened. Place in bowl of ice water and whip with a rotary egg beater until fluffy and thick like whipped cream. Fold in 1/2 c. heavy cream whipped. Turn into cake shell and cover with top slice of cake. Wrap in waxed paper and chill 6 or 7 hours or overnight. Just before serving combine 1 c. heavy cream whipped, sugar, salt and vanilla. Spread over top and sides of cake.

Note: Don't waste the cake you removed from the center. Toast strips under the broiler, or cover with your favorite frosting and roll in shredded coconut.

CHILI CON CARNE
(A Good Recipe to Freeze)

1 pound ground beef
1/2 c. chopped onion
2 T. shortening
1 T. minced garlic
2 T. chili powder
1 T. paprika
1 t. salt
2 c. canned tomatoes
3 c. cooked red kidney beans

Brown beef and onion in shortening. Add garlic, chili powder, paprika and salt, mix well. Add tomatoes, cover and cook slowly for 1 hour. Add cooked beans and cook just long enough to heat through. Cool thoroughly, package and freeze immediately. Serves 4-5.

SPAGHETTI MEAT SAUCE
(Freeze some of this, too)

1 large onion
1 large carrot
1 green pepper
4 stalks celery
1 8 oz. can mushrooms or 1/2 pound fresh
4 T. shortening
1 pound ground beef
1 No. 2 1/2 can tomatoes
1 can tomato paste
1 can tomato soup, condensed
1/2 t. garlic salt
1/2 t. sugar
1 t. salt

Grate onion and carrot on fine grater. Chop green pepper and celery fine. Melt 2 T. of shortening in skillet, when hot add grated onion, carrot and chopped green pepper and celery. When golden brown add mushrooms, liquid and all. Cover and cook slowly for 1/2 hour. In another skillet heat 2 T. shortening. Add meat and brown. Add tomatoes, tomato soup, and tomato paste. To this mixture add the garlic salt, sugar and salt. To the meat mixture, add the vegetables and cook slowly for 3 to 4 hours. A little water may be added while cooking. Cool thoroughly, package and freeze immediately. Serves 4-5.

Trudy's Tip: LIKE A CHEESE TREAT? TRY DAIRYLEA CHEDDAR CHEESE SPREAD! Your DAIRYLEA routeman or a call to LOcust 3330 will do the trick!

April 5, 1955

EASTER BUNNY AND CHICK CUPCAKES

2 1/2 c. cake flour
3 t. baking powder
1 t. salt
1 1/2 c. sugar
1/2 c. shortening
1 c. milk
1 t. vanilla
White frosting
Coloring, vegetable
Coconut
Marshmallows
Cloves
String gumdrops

Sift flour, baking powder, salt and sugar. Stir shortening just enough to soften. Sift in dry ingredients. Add 3/4 c. of the milk and vanilla. Mix until all flour is dampened. Then beat 2 minutes with mixer or about 300 strokes by hand. Add eggs and remaining milk and beat 1 minute more. Scrape bowl often and well. Spoon batter into paper baking cups set in muffin tins, fill about 2/3 full. Bake at 375 degrees for 20 minutes. Cool. Remove papers. Spread with white frosting (use your favorite or the one printed below). Tint frosting yellow for chicks if desired. Sprinkle with coconut.

Make chicks by using a marshmallow for each head and whole cloves for the eyes. Use yellow string gumdrops clipped for the webbed feet and tails and small pieces of gumdrops for the beaks. Attach with toothpicks.

To make bunnies, invert the cupcakes, frost with white frosting, sprinkle with coconut. Use a whole marshmallow for each head, a half marshmallow for each tail and small pieces for the ears. Insert whole cloves for the eyes and coconut strands for the whiskers. Yield: 24 cakes.

SNOW FROSTING

3/4 c. white corn syrup
2 egg whites
1/8 t. salt
1/4 c. confectioners sugar, sifted
1 t. vanilla

Heat corn syrup to boiling point. Beat egg whites with salt until stiff, but not dry. Slowly pour boiling corn syrup over whites and continue beating until frosting is fluffy and will hold a peak when you lift the beater. Add confectioners sugar and vanilla, beat until well blended.

EGGS BENEDICT
(For each person)

1 English muffin
2 thin slices cooked ham
2 eggs
2-3 T. Hollandaise Sauce

Toast muffin halves. Warm ham in skillet but do not brown. Poach eggs. Put ham slices on muffin halves, poached eggs on ham and top with Hollandaise sauce.

HOLLANDAISE SAUCE

1/2 c. butter
2 egg yolks
1 T. lemon juice
1/4 t. salt
Dash of cayenne pepper

Melt butter. Beat egg yolks, add lemon juice and put in top of double boiler over hot (not boiling) water. Add butter very, very gradually, beating constantly, preferably with a small wire whisk if you have one, or a fork or wooden spoon. Continue cooking until mixture thickens, remove from heat at once.

Tip: If sauce should crack or separate it is because water was too hot and sauce cooked too rapidly. Stir in a little boiling water, drop by drop, beating vigorously and it will come back to a smooth consistency.

Tip: This is wonderful party breakfast, luncheon or supper food. Don't try to make it for too many people as there is too much last minute preparation.

Tip: Have you made the Pizza pie from last week's recipes yet? For an inter-eating variation try MAINE SARDINES cut in pieces, on top of pie before baking. Sardines from MAINE make wonderful main-dish meals. Use them in casseroles, in salads and for hearty sandwich spreads. Sardines from MAINE are available in one hundred fine brands, packed in vegetable oils, tomato, or mustard sauce. Look for the word MAINE on the label.

Have you bought a copy of "Cooking With The Experts"? It is available at local book stores.

TRUDY MC NALL'S

WHAM TV
WEEKDAYS
9:00 TO 9:45 A.M.

RADIO CITY, ROCHESTER 3, N. Y.

HOME COOKING RECIPES, APRIL 25-29, 1955

April 25, 1955

BUTTERMILK FRIED CAKES

4 c. flour	1/4 t. nutmeg
2 t. baking powder	3 T. shortening
1/2 t. soda	1 c. sugar
1 t. salt	2 eggs
1/2 t. cinnamon	1 c. buttermilk or sour milk

Mix and sift flour, baking powder, soda, salt, cinnamon and nutmeg. Cream shortening, add sugar and cream together until fluffy. Add eggs unbeaten one at a time and beat well. Add sifted dry ingredients alternately with the buttermilk. Roll dough 1/2 inch thick on lightly floured cloth, cut with doughnut cutter. Fry in deep fat at 375 degrees until golden brown, turning once. Drain on absorbent paper. Sprinkle with powdered sugar if desired. Yield: 2 dozen.

Trudy's Tips: You may substitute sweet milk with the following changes: 1 c. sweet milk instead of 1 c. buttermilk or sour milk, use 4 t. baking powder eliminating the 1/2 t. soda. You may use 4 egg yolks instead of 2 whole eggs, the use of egg yolks makes a particularly tender fried cake.

SKILLET FRIED CHICKEN

1 3-pound frying chicken	1/8 t. pepper
1 c. flour	1 t. paprika
1 1/2 t. salt	1/2 c. Fluffo

Combine flour, salt, pepper and paprika in paper bag. Cut chicken into serving size pieces or buy frying parts. Shake a few pieces of chicken in bag at a time until all are coated. Fry pieces of chicken at 360 degrees in the 1/2 c. Fluffo until nicely browned, reduce temperature of fat to 275 to finish cooking. Browning will take about 15 minutes, then 15 to 20 minutes to finish cooking. Total cooking time 30 to 35 minutes, a little longer for larger chickens. Should be fork tender.

April 26, 1955

SNOW PUDDING--New Method

1 T. gelatin	1/2 c. lemon juice
1/4 c. cold water	1 t. grated lemon rind
1 c. boiling water	3 egg whites, unbeaten
1 c. sugar	

Soften gelatin in cold water, dissolve in boiling water. Add sugar, lemon juice and rind, chill quickly by putting ice cubes and water in bottom of double boiler. Add unbeaten egg whites. Beat mixture until it holds its shape. Pour into individual serving dishes or large mold.

NOTE: This is a New Method for making snow pudding, easier than the old method and makes a lighter product. Old method was to add egg whites stiffly beaten to slightly thickened gelatin mixture. Snow Pudding is delicious served with fresh fruit, or custard sauce. Use leftover egg yolks for custard sauce.

CUSTARD SAUCE

3 egg yolks, slightly beaten	1 1/2 c. milk
1/4 c. sugar	1 t. vanilla or 2 T. sherry
1/8 t. salt	

Mix slightly beaten egg yolks with sugar and salt in top of double boiler. Stir in milk gradually, cook over hot water, stirring constantly, until mixture thickens slightly and coats the spoon. Remove at once, cook in pan of ice water. Beat in flavoring. Serve over snow pudding.

Tip: Quick chill of custard helps prevent curdling and makes a smooth sauce.

April 27, 1955

INDIVIDUAL BARBECUED MEAT LOAVES

1 1/2 pounds ground beef	2 T. chopped onion
1/2 pound ground pork or veal	1/2 c. ketchup
1/2 c. soft bread crumbs	1/3 c. vinegar
1/2 c. milk	1 T. Worcestershire sauce
1 egg	1 t. chili powder
1 t. salt	2 T. chopped onion

Mix together beef, pork, bread crumbs, milk, egg, salt, and onion. Shape into 8 individual loaves. Place in well greased shallow pan. Heat together remaining ingredients for sauce. Pour over loaves, cover and bake for 30 minutes at 350 degrees. Remove cover and brown for 15 minutes.

ORANGE DELIGHT
(from Town Journal 1955)

3 T. butter	1 can (6 oz.) frozen concentrated orange juice
3 T. flour	
1 1/2 c. sugar	
6 eggs, separated	2 c. milk

Cream butter; add flour and blend well. Add sugar and mix until smooth. Combine egg yolks and orange juice (undiluted) beat well. Add milk. Combine with creamed mixture. Beat egg whites until stiff. Carefully fold them into orange mixture. Pour into well buttered 7 x 12 inch baking dish. Place dish in pan containing 1/2 inch hot water. Bake in moderate oven 375 degrees for 35 to 40 minutes. Pudding will have a cake-like topping over a custard layer. Spoon into serving dishes. Serves 8.

OVEN GLAZED CARROTS

2 bunches carrots	1/2 c. water
2 T. lemon juice	3/4 t. salt
1/4 c. sugar	2 T. butter

Scrape carrots, cut in lengthwise strips. Combine lemon juice, sugar, water, salt and butter. Pour over carrots. Cover, bake at 350 degrees 30 to 35 minutes.

OVEN BROWNED NEW POTATOES

Scrape small new potatoes, place in buttered casserole, pour melted butter over all. Bake in oven 350 degrees 45 minutes or until tender. If potatoes are large, cut in halves or quarters. To hasten cooking time you may boil for 10 minutes. Turn potatoes after they are browned on one side. Small potatoes about 1 1/2 to 2" in diameter will cook in 45 minutes to 1 hour. Larger potatoes require 1 1/4 to 1 1/2 hours.

April 28, 1955

ANOTHER BRAVO 60-SECOND MACARONI CASSEROLE

(Try this and send me a name.)

- 1 package Bravo 60 Second Macaroni
- 2 T. Fluffo
- 1 pound ground beef
- 1 large onion, chopped
- 1/2 green pepper chopped
- 1 can (8 oz.) mushrooms, juice, stems and pieces
- 1 t. salt
- 1/4 t. pepper
- 1/4 t. oregano
- 1 can condensed tomato soup
- 1 can (6 oz.) tomato paste
- 1/3 c. water
- 1/2 pound sharp cheese, grated

Cook macaroni as directed on package. Brown beef in Fluffo, add onion, green pepper and mushrooms, cook until onion is tender. Add seasonings. Combine soup, tomato paste and water. Place a layer of macaroni in well greased 3 quart casserole, then a layer of meat, cover with sauce and half the cheese. Repeat ending with cheese on top. Bake at 375 degrees until bubbly and brown, about 30 minutes. Serves 6.

STEVE'S FAVORITE CHOCOLATE CAKE

- 2/3 c. Fluffo
- 1 1/2 c. sugar
- 3 eggs
- 2 squares chocolate, unsweetened
- 2 1/4 c. cake flour
- 1 t. soda
- 3/4 t. salt
- 1 1/4 c. buttermilk
- 1 t. vanilla

Cream Fluffo and sugar well, add eggs one at a time, unbeaten, and continue beating until very creamy. Add melted and cooled chocolate. Sift flour, soda and salt, add alternately to first mixture with buttermilk combined with vanilla. Mix until smooth. Pour into greased and floured 9-inch layer cake pans. Bake at 350 degrees 35 minutes.

SOUR CREAM FUDGE FROSTING

- 2 squares chocolate unsweetened
- 2 c. sugar
- 1 c. sour cream
- 1 t. vanilla
- 1/8 t. salt

Melt chocolate; add sugar and blend well. Add cream, bring mixture to boiling point, stirring constantly until sugar is dissolved. Boil without stirring to 230 degrees. Remove from heat, cool WITHOUT STIRRING, until lukewarm. Add vanilla and salt and beat until of spreading consistency. If frosting begins to set too soon, thin with top milk or light cream. This frosting will cover 2 nine inch layers; sides, too, if you work quickly. Keeps very well, a nice smooth creamy frosting.

April 29, 1955

FISH FILLETS MORNAY

- 1 1/2 pounds fish fillets
- 3/4 t. salt
- 4 T. butter
- 4 T. flour
- 1/2 t. dry mustard
- 1/4 t. paprika
- 1 1/2 c. milk
- 1/2 c. grated Parmesan cheese or 1 c. grated sharp cheese

Arrange fish fillets in greased baking dish or oven proof platter. Sprinkle with salt. Melt butter, add flour and mustard, stir until well blended, add milk slowly, stir over low heat until mixture thickens. Add cheese, stir until cheese melts. Pour over fish, bake at 450 degrees for 10 minutes until fish flakes with a fork and sauce is bubbly and brown.

GLORIOUS SALAD

from Mrs. Mark Baker, Webster, N. Y.

- 1 pk. lemon jello
- 1 c. boiling water
- 1 can crushed pineapple (No. 2)
- 1/2 pound marshmallows, quartered
- 1 small bottle maraschino cherries
- 1 pound cottage cheese

Dissolve jello in boiling water. Cool slightly, add remaining ingredients. Pour into individual or large mold. Serves 6 to 8.

PEACH CAKE

(This recipe in COOKING WITH THE EXPERTS)

- 2 c. flour
- 3/4 t. baking powder
- 1/2 t. soda
- 3/4 t. salt
- 1/2 t. nutmeg
- 1 c. canned peaches, mashed
- 1/3 c. milk
- 1/2 t. vanilla
- 1/2 c. shortening
- 1 1/2 c. sugar
- 2 eggs
- 1/2 c. chopped nuts
- 1/8 t. ginger
- 1/2 t. cloves
- 1/4 t. cinnamon

Sift flour, baking powder, soda, salt and spices. Cream shortening, add sugar and blend well. Add eggs unbeaten one at a time, beat well. Combine peaches and milk. Add flour mixture alternately with peach mixture. Add nuts and vanilla. Pour into greased and floured 8 x 8 inch pan. Bake at 350 degrees for 1 hour.

TRUDY MC NALL'S

WHAM - Television
Channel 5
Weekdays, 9:00 to 10:00 A.M.

WHAM - Radio
1180 KC
Weekdays, 1:15 to 1:30 P.M.

RADIO CITY, ROCHESTER 3, N. Y.

January 2, 1956

Fruited Pork Chops
Baked Potatoes Frozen Limas
Potato Refrigerator Rolls
Black Chocolate Cake--Mint Frosting

FRUITED PORK CHOPS

6 pork rib chops, cut 3/4 to 1 inch thick	6 large pitted prunes
1 1/2 c. thinly sliced apples	2 T. shortening
	Salt
	Pepper

Make a pocket in each chop by cutting into the chop along the bone. Chops cut from this side hold the stuffing better. Stuff each chop with 1/4 c. thinly sliced apples and a prune. Brown on both sides in shortening. Pour off drippings. Season. Cover and bake at 350 degrees for 45 minutes. 6 servings.

POTATO REFRIGERATOR ROLLS

(Hot little puffs--light and feathery)

1 cake compressed yeast	1 c. mashed potatoes
1 1/2 c. lukewarm water	2 eggs
2/3 c. shortening	6 to 6 1/2 c. flour
2/3 c. sugar	1 t. salt

Crumble yeast into bowl with 1/2 c. of the warm water. Cream shortening, sugar and salt; blend in potato. Add well beaten eggs and yeast mixture. Add half the flour with remaining warm water. Beat well. Mix in remaining flour, knead dough until smooth. Let rise in warm place until double in bulk. Punch down, then place in refrigerator, shape and let rise (1 to 1 1/2 hours). Bake at 350 degrees F for 12 to 15 minutes.

BLACK CHOCOLATE CAKE

4 oz. baking chocolate	2 c. flour
1/2 c. butter	1 1/2 t. soda
1 c. boiling water	1/2 c. thick sour milk
2 c. sugar	2 eggs
1/2 t. salt	1 t. vanilla

Melt chocolate and butter in boiling water. Stir until thoroughly blended. Place in bowl, add mixed and sifted dry ingredients. Add sour milk gradually, beating constantly. Add eggs and vanilla and mix well. This makes a very thin batter. Pour into 3 greased and floured 8" cake pans. Bake at 400 degrees for 20 to 25 minutes.

MINT FROSTING

1 c. sugar	1/2 t. cream of tartar
1/2 c. corn syrup (light)	4 egg whites
	3 drops oil of peppermint
1/2 c. water	Green food coloring

Combine sugar, corn syrup, water and cream of tartar in saucepan. Cook, stirring constantly, until mixture begins to boil. Cook without stirring to 234 degrees. Beat egg whites until stiff but not dry. Gradually pour hot syrup over egg whites while beating constantly. Add oil of peppermint and tint frosting a delicate green; continue to beat until mixture will hold its shape.

January 3, 1956

CHILI CON CARNE

1 pound ground raw beef	1 clove garlic, crushed
2 No. 2 cans red kidney beans	1 1/2 T. chili powder
	1/2 t. black pepper
1 No. 2 can tomatoes	1 1/2 t. salt
1 green pepper, diced	2 T. salad oil
1 medium onion, diced	2 T. butter

Cook beef in oil, stirring frequently, until meat browns. Put browned beef in large greased kettle, place over medium heat. Add following to meat: kidney beans, tomatoes, green pepper, chili powder, salt and pepper. Brown diced onion and crushed garlic in butter, add to meat mixture. Cook over moderate heat until consistency is no longer watery (about 1 hour). Stir frequently to prevent sticking.

RICE PUDDING

(Jan Stevens)

3 eggs	1 1/2 c. cooked rice
1 c. sugar	1/2 c. seedless raisins
1/4 t. salt	1/4 t. nutmeg
4 c. milk, scalded	1/2 t. cinnamon

Beat eggs slightly. Dissolve sugar and salt in scalded milk. Add raisins and rice to this. Add slightly beaten eggs. Pour into a well buttered baking dish. Sprinkle spices on top. A stick of cinnamon may be placed in the mixture while baking and removed before serving for special cinnamon flavor. Bake 1 to 1 1/4 hours with baking dish in pan of hot water (1 inch) in 350 degree oven. Serve warm or cold with or without cream. In Scandinavia often a fruit sauce (thickened fruit juice) is served over this in place of cream.

January 4, 1956

Roast Beef--Parsley Dumplings
Winter Salad Broccoli
Graham Cracker Cake

ROAST BEEF (Rolled Beef Rump)

3 to 4 pound rolled beef rump pot roast	Salt
	Pepper
3 T. shortening	1/4 c. water

Brown meat on all sides in shortening. Season. Add water. Cover tightly and simmer 2 1/2 to 3 hours or until tender. Add small amounts of water from time to time if needed. 6 to 8 servings.

DUMPLINGS

2 c. flour	1 t. salt
1 T. baking powder	1 c. milk
2 T. chopped parsley	

Sift flour, baking powder and salt. Add milk, and parsley and stir only until smooth. Drop by tablespoonfuls on top of cooking liquid. Cover tightly and steam 15 minutes. 6 servings.

WINTER SALAD

For a "pretty-as-a-picture" salad serve individual molded vegetable salads in lettuce cups. Cabbage, slivers of carrot and onion, plus slices of radish combined in lime gelatin make a festive appearance.

GRAHAM CRACKER CAKE

"A Request"

1/2 c. shortening	1/4 t. salt
1 c. sugar	2 t. baking powder
3 egg yolks	1 c. milk
2 c. graham cracker crumbs	1 c. chopped nuts
	3 egg whites, stiffly beaten
2 T. flour	

Cream shortening and sugar thoroughly; add egg yolks and beat until fluffy; mix graham crackers with sifted flour, salt and baking powder; add alternately with milk, fold in nut meats and egg whites. Bake in 2 greased and floured 8" layer cake pans. Bake at 350 degrees for 30 to 35 minutes. Frost with Sea Foam Frosting.

SEAFOAM FROSTING

1 1/2 c. brown sugar	3 egg whites
1/2 c. water	1 t. vanilla

Cook sugar and water to soft ball stage, 236 degrees. Gradually add to stiffly beaten egg whites. Beat until mixture forms peaks.

January 5, 1956

BEEF-NOODLE CASSEROLE

4 oz. noodles (Bravo)
2 T. shortening
3/4 pound ground beef
1/2 c. onion, chopped
1 can condensed tomato soup
1 1/4 c. milk
1 1/2 t. salt
1/4 t. pepper
1/2 c. buttered crumbs

Cook noodles; rinse and drain. Heat shortening, add beef and onion; cook until lightly browned, stirring frequently. Add soup, milk and seasonings. Mix sauce with noodles and place in greased casserold. Top with buttered crumbs, add a dash of paprika. Bake at 350 degrees about 45 minutes or until bubbly and brown. 6 servings.

GINGERBREAD WITH LEMON ICE CREAM

2 c. cake flour
2 t. baking powder
1/4 t. baking soda
1/2 t. salt
~~1 1/2 t. ginger~~
1 t. cinnamon
1/3 c. shortening
1/2 c. sugar
1 egg
2/3 c. light molasses
3/4 c. buttermilk

Sift flour, measure; add baking powder, soda, salt and spices, sift again. Cream shortening, add sugar gradually and cream together until light and fluffy. Add egg and beat well, add molasses. Add dry ingredients alternately with buttermilk. Pour into greased and floured 8" square pan. Bake at 350 degrees about 50 minutes. Serve with lemon ice cream.

LEMON ICE CREAM

1 (six ounce) can frozen concentrate for lemonade
1 quart vanilla ice cream

January 6, 1956

Fried Oysters — Tartar Sauce
F.F. Potatoes — Frozen Peas
Dutch Apple Pie

FRIED OYSTERS

1 pint large oysters
1 egg
1 T. milk
1 c. fine bread or cracker crumbs
1 t. salt

Pick over oysters, removing any shell. Beat egg slightly with milk. Season bread or cracker crumbs with salt. Dip oysters in crumbs, then in egg mixture and again in crumbs. Put fat in deep fryer, set control for 375. Fry oysters 3 to 4 minutes. Drain on absorbent paper. Serve at once with Tartar Sauce. Serves 4.

TARTAR SAUCE

1 c. mayonnaise
1/3 c. chopped sweet pickle
1/3 c. cream
1/3 c. chopped stuffed olives

Combine all ingredients. Chill in refrigerator before serving.

TWICE FRIED FRENCH FRIED POTATOES

4 potatoes. Wash and pare them and cut in lengthwise strips about 2 1/2 by 3/8 inches long. Soak about 1/2 hour in slightly salted ice water. Drain thoroughly between towels. Fry at 350 degrees for about 7 minutes. Fry until potatoes are tender but not brown. Drain, place in cool place until serving time. Do not overcrowd basket. Fry as many potatoes as needed. When ready to serve set temperature for 400 degrees and fry potatoes about 2 minutes until brown. Drain on absorbent paper. Sprinkle with salt, serve at once.

HOW TO CARE FOR FAT AFTER USE:

1. Cool fat slightly.
2. Strain through cheese cloth. To do this, line a strainer with several thicknesses of cheese cloth, and set the strainer over the can which you wish to store the fat.
3. Cover and store fat in cool place or refrigerator.

HOW TO CLARIFY FAT:

Usually fat must be clarified after repeated use. To do this use a raw potato. Cut potato into 1/4 inch slices. Place used fat in cooker, add potatoes and set control for 175 degrees F. When fat stops bubbling and potato slices are brown, strain fat and store again. The next time you fry it may be necessary to add a little fresh fat.

DUTCH APPLE PIE AND APPLE CRISP

APPLE CRISP

1/3 c. flour
1/2 c. nonfat dry milk
3 T. sugar
1/4 t. nutmeg
1/4 t. salt
1 t. cinnamon
1/2 c. butter
4 c. pared, sliced apples
1/2 c. sugar
1/2 t. cinnamon

Grease a shallow baking pan holding about 6 cups. Mix flour, instant dry milk, 3 T. sugar, nutmeg, salt and 1 t. cinnamon in small bowl. Mix the butter in with a fork until crumbly. Put the apples, 1/2 c. sugar and 1/2 t. cinnamon into the greased baking dish. Sprinkle crumb mixture on top of apples. Bake at 325 degrees until apples are tender when pierced with a fork (about 45 minutes).

For DUTCH APPLE PIE

Follow Apple Crisp recipe, putting apple mixture into a 9" pie pan lined with unbaked pastry. Sprinkle crumb mixture over the apples. Bake at 325 degrees F for about 1 hour.

TRUDY MC NALL'S

HOME COOKING RECIPES, AUGUST 27 - SEPTEMBER 7, 1956

LUCILLE FLEMING, GUEST DEMONSTRATOR

WHAM - Television
Channel 5
Daily, Monday - Friday
9:00 to 9:30 A.M.

WHAM - Radio
1180 KC
Weekdays, 12:45 to 1:00 P.M.

RADIO CITY, ROCHESTER 3, N. Y.

August 27, 1956

PORK CHOP AND DRESSING CASSEROLE

1 egg, beaten
12 slices stale bread
1/3 c. chopped onion
1/2 c. diced celery
1 t. salt
1/2 t. pepper
1 t. rubbed sage
1/2 lb. pork sausage, browned
Chicken broth (or chicken bouillon cubes)
6 pork chops, browned on both sides

Cover bread with cold water. Drain and press out all moisture. Mix all ingredients, except pork chops, adding chicken broth to make a very soft mixture. Place mixture in well buttered rectangular baking dish. Top with the browned pork chops, placed in a single layer. Cover and bake for about 1 1/2 hours at 325 degrees. If too much fat accumulates on top of dressing it may be necessary to pour some off during the baking period. May be uncovered for the last fifteen minutes.

CRUNCHY MUFFINS

12 slices bacon, diced
1 c. sifted flour
1/4 c. sugar
4 t. baking powder
3/4 t. salt
1 c. cornmeal
2 eggs
1 c. milk
1/4 c. salad oil or soft shortening

Fry bacon until crisp. Drain. Sift together flour, sugar, salt and baking powder. Stir in cornmeal. Beat eggs with milk and salad oil. Combine the two mixtures, and stir until just mixed. Do not overmix. Add bacon. Fill greased muffin tins 2/3 full. Top with a few bits of uncooked bacon. Bake 20 minutes at 425 degrees. Yield--1 doz. large muffins.

August 28, 1956

CHOCOLATE TORTE (or "Dobosch Torte")

Cake part:

8 egg yolks
3/4 c. sugar
1 t. vanilla
1 c. sifted cake flour
1/4 t. salt
8 egg whites

Beat egg yolks with sugar until thick, light and pale in color. Add vanilla. Fold in flour, sifted with the salt. Beat egg whites until stiff, but not too dry. Fold them into the batter. Grease the bottoms of two or three 8 or 9 inch cake pans, cover with rounds of wax paper cut to fit and grease the paper. Do not grease the sides. Put about 6 tablespoons batter into each tin and spread smooth. Bake in 350 degree oven for about 8 min. Turn the baked layers on a cake rack to cool. Re-grease and re-line the cake pans and continue to bake layers until all the batter is used. (This will make about 8 to 10 layers.) Place the layers together with the following filling..... frost top and sides with the same filling and cool at least 12 hours in the refrigerator before serving. The top may be garnished with slivered almonds. This cake will serve at least 12 persons.

Filling for Torte:

6 eggs
1 c. sugar
5 oz. baking chocolate
4 T. water
1 c. softened butter
1/8 t. salt

Beat eggs until fluffy, add sugar and beat thoroughly. Cook over hot water until it thickens, stirring constantly. Remove from heat and add the chocolate which has been melted with the water. Then beat in, bit by bit, the softened butter. Add salt and 1/2 teaspoon vanilla. Chill, stirring occasionally, before using.

August 29, 1956

POLKA DOT CASSEROLE

1 1/4 c. uncooked macaroni
2 c. hot milk
4 T. butter
2 c. shredded American cheese
2 c. soft bread crumbs
2 eggs, well beaten
2 T. minced parsley
2 T. minced onion
2 T. chopped pimiento
2 t. salt
1/4 t. pepper
2 c. sliced frankfurters

Boil macaroni in salted water until tender. Drain. Combine with all the remaining ingredients. Pour into well-buttered 2 quart casserole. Sprinkle top with additional buttered crumbs. Set in pan of hot water and bake until set, about 45 minutes at 350 degrees. Serves 8.

LEMON COCONUT COOKIES

1 c. butter
1/2 c. sugar
1 egg
1/2 t. grated lemon rind
2 c. sifted flour
1/4 t. salt
1 c. finely chopped coconut

Cream butter and sugar together. Add egg, beat well. Add lemon rind, flour and salt. Stir smooth and add coconut. Drop by teaspoonfuls on ungreased cookie sheet. Bake at 325 degrees for about 15 minutes. Makes 5 doz. small cookies.

August 30, 1956

PARTY ROLLS (Yeast Roll Variations)

Refrigerator Roll Dough:

2 pkg. granular yeast
1 t. sugar
1 c. lukewarm water
2 c. milk, scalded
2/3 c. softened shortening
3/4 c. sugar
4 t. salt
2 eggs, beaten
8-10 c. flour

Soften yeast and dissolve sugar in water. Add milk cooled to lukewarm. Add shortening, sugar, salt and eggs. Beat well. Add flour to make soft dough. Knead until smooth and elastic. Place in greased bowl, grease top and cover. Store in refrigerator immediately. Shape dough about 2 hours before serving time. Keeps in refrigerator up to 4 days. Shape according to following variations:

ORANGE ROLLS: Roll dough into rectangle, spread with orange filling. Roll up tightly, as for jelly roll. Cut in 1 inch slices. Put spoonful of orange filling in each greased muffin tin and top with orange filled roll. Let rise until light. Bake 20 minutes at 375 degrees. As soon as rolls come from oven, turn upside down on tray, so filling runs down over rolls.

Orange filling: Mix together 1/2 cup sugar, 1 tablespoon grated orange rind, 1/4 cup orange juice and 1/4 cup butter. Boil 2 minutes and cool before using.

FESTIVAL ROLLS: Roll out dough 1/4 inch thick. Cut into rounds with 3 inch cutter. Cut one-inch slits in each. Top with a teaspoonful of this mixture: Cream together 1/2 cup brown sugar, 1/2 cup shredded coconut, 3 tablespoon butter. Pull the outer strands of dough over the filling and through slit on other side, pressing strands down to form collar around filling. Place rolls on greased baking sheet. Let rise until light. Bake 15 minutes at 375 degrees.

CINNAMON FLUFFS: Roll dough 1/4 inch thick, in long oblong, 9 inches wide. Spread with soft butter and sprinkle with sugar and cinnamon mixture. Cut into strips 1 1/2 inches wide and stack the 6 strips evenly, one on top of the other. Cut into 1 inch pieces and place cut side down in greased muffin tins. Let rise until light and bake at 375 degrees for approximately 15 min. When baked, turn out of tins and frost with thin confectioners sugar icing and sprinkle with chopped nuts.

RASPBERRY CRULLERS: Roll dough in oblong about 6 x 12 inches by 1/2 inch thick. Cut into 1/2 inch strips and roll into long pencil thin roll. Wrap in spiral fashion around well greased clothespins, so that edges barely touch. Let rise until light. Bake at 400 degrees for 10 to 12 minutes. When baked, twist clothespins and pull out. Fill centers with spoonful of raspberry jam and frost lightly with icing made by mixing confectioners sugar and raspberry jam to a spreading consistency.

"KOLACHE": Shape dough into 2 inch balls. Place on greased baking sheet. When light, make a small depression in the center of each ball and fill with prune filling. Bake 20 minutes at 400 degrees.

Prune filling: 1 cup of mashed cooked prunes, 1/4 cup sugar, 1 tablespoon lemon juice, 1/2 teaspoon cinnamon and a dash of ground cloves. (Apricots may be used in place of prunes.)

August 31, 1956

HAM ALA KING

6 T. butter	3 c. diced cooked ham
5 T. flour	1/3 c. pimiento
2 c. hot milk	1/4 c. browned slivered almonds
1 c. hot cream	1/4 c. chopped or sliced ripe olives
3 egg yolks, lightly beaten	

Melt butter in saucepan, stir in flour. Do not brown. Add hot milk and cream gradually. Stir until sauce is smooth and thick. Add a little of the hot sauce to the egg yolks and then return all to the double boiler and stir in ham and pimiento. Keep hot, but DO NOT BOIL. Taste for seasoning--with ham you may not need extra salt. Just before serving, add almonds and olives. Serve in patty shells or on heated Chinese noodles. Serves 6 to 8.

MINT STICKS

2 squares baking chocolate	1/4 t. peppermint extract
1/2 c. butter	1/2 c. sifted flour
2 eggs	1/4 t. salt
1 c. sugar	1/2 c. chopped almonds

Melt butter and chocolate over hot water. Beat eggs, stir in sugar, chocolate mixture and flavoring. Add flour, salt and nuts. Mix thoroughly. Pour into greased 9 inch cake pan. Bake at 350 degrees for 20 minutes. Cool. Frost with following icing:

2 T. soft butter	1 c. sifted confectioners sugar
1 T. cream	

3/4 t. peppermint extract

When frosting becomes firm, melt together 1 square chocolate and 1 tablespoon butter and dribble this mixture over the top of the icing. Cool. Cut into bars. Makes 2 doz.

September 3, 1956

"BOMBOLATI ITALIANO"

Sauce:

1/2 lb. ground beef	1 8 oz. can tomato sauce
1/4 lb. ground pork	1 6 oz. can tomato paste
1 chopped onion	1 t. sugar
1 clove garlic	1/2 t. oregano
1 T. olive oil	1/4 t. basil
1 c. water	Salt - pepper
2 c. tomatoes	

Cook 1/2# of "bombolati" or giant macaroni in salted water for 15 minutes. Drain and keep cooked bombolati in cold water until filled. Dry on towel and with a small spoon fill each piece of the macaroni with the following filling:

1 1/2# drained cottage cheese	2 well beaten eggs
1/4 c. grated Parmesan cheese	1/4 c. chopped parsley
	Salt - pepper

Lay stuffed bombolati in a single layer in a flat casserole. Cover with additional 1/4 cup Parmesan cheese and pour on some of the sauce. Add another layer of stuffed macaroni, sprinkle with more grated Parmesan cheese and add remainder of sauce. Do not have more than 2 layers deep. Bake 50 minutes at 350 degrees. Serves 6.

CHEDDAR CHEESE WAFERS

1/2 c. shortening	1 3/4 c. sifted flour
3 T. sugar	1 t. baking powder
1 egg, slightly beaten	1/2 t. salt
1 1/2 c. grated cheddar cheese	Few grains of pepper
	2 T. milk

Beat shortening, sugar and egg together. Add cheese. Add sifted dry ingredients, alternately with milk. Blend well and chill. Roll out dough 1/8 inch thick. Cut with small cutter and sprinkle lightly with paprika. Bake 12 to 15 minutes. Cool before serving. May be made into a roll as for refrigerator cookies--chilled and then sliced 1/8 inch thick and baked. Good with salads.

September 4, 1956

BAKED CHICKEN LOAF

1/4 lb. mushrooms	1/2 t. salt
1 1/2 c. soft bread crumbs	1/4 t. paprika
1 c. milk	1/4 c. finely chopped pimiento
1 c. well seasoned chicken broth	3 c. diced cooked chicken
2 eggs, slightly beaten	

Saute the mushrooms in 1 tablespoon butter. Add all the remaining ingredients. Pour into buttered 9 x 5 x 3 inch loaf pan. Set pan in water and bake at 350 degrees for about 1 hour. Serve with mushroom sauce. Serves 6.

OATMEAL MUFFINS

1 c. rolled oats	1 egg
1 c. buttermilk	1 c. sifted flour
1/3 c. butter	1 t. baking powder
1/2 c. brown sugar	1/2 t. soda

1 t. salt

Soak rolled oats in buttermilk for 1 hour. Mix shortening, sugar and egg together. Sift dry ingredients together and add alternately with rolled oats and buttermilk mixture. Fill greased muffin tins 2/3 full and bake at 400 degrees for 20 min. Makes 12 large muffins.

September 5, 1956

ONION ROLLS

1 pkg. granular yeast	2 T. sugar
1/4 c. lukewarm water	2 t. salt
1 c. scalded milk	1 beaten egg
2 T. butter	3 c. sifted flour (approx.)

1 c. chopped onion
1 T. butter
1 1/2 T. caraway seeds

Cook onion in butter until soft, but do not brown. Add caraway seeds. Cool. Soften yeast in lukewarm water. Add to the cooled onion mixture and add to the milk, cooled to lukewarm and the remaining ingredients. Add sufficient flour to make a soft dough that can be handled. Knead lightly and let rise until double--about 1 hour--and form into rolls. Let rise until light and bake at 375 degrees for about 20 minutes. Wonderful to use for ham sandwiches--making rolls large like hamburger buns. Makes about 16 large rolls.

MAPLE GLAZED SWEET POTATOES

4 medium sweet potatoes, cooked	1/4 c. cold water
1/2 c. maple syrup	1 T. cornstarch
1/2 c. granulated sugar	1/2 t. salt
	2 T. butter

Mix cornstarch with cold water. Add sugar and syrup. Boil until clear and slightly thickened. Add salt and butter. Peel sweet potatoes, cut lengthwise and place in single layer in well buttered baking dish. Cover with glaze and bake at 350 degrees for about 20 minutes.

September 6, 1956

LEMON MERINGUE PIE

8 T. cornstarch	1 t. lemon rind, grated
1 3/4 c. sugar	1/2 c. strained lemon juice
2 c. boiling water	
5 beaten egg yolks	1/4 t. salt

Mix cornstarch and sugar thoroughly in top of double boiler. Blend in boiling water, stirring constantly until smooth and thick. Cook for 5 minutes. Very carefully and gradually add a little hot mixture to the beaten egg yolks and then pour together and add the salt, lemon rind and lemon juice. Cook in double boiler for few more minutes. Cool slightly, but do not chill, and pour the filling into a baked 9 inch pie shell. Cover with meringue.

5 egg whites	1/2 c. sugar
1/4 t. salt	

Beat egg whites until stiff, add salt and sugar gradually. Spread evenly over pie, sealing edges. Bake at 350 degrees for about 15 minutes or until lightly brown. Chill before serving.

September 7, 1956

FRESH PEACH DUMPLINGS

Pastry:

2 c. flour	1 t. salt
2/3 c. lard	4 T. ice water

Mix flour and salt together. Cut in shortening. Add ice water and mix into a ball. Roll out pastry about 1/8 inch thick and cut into about 6 inch squares. Pare 6 large peaches, cut a segment out of each peach, remove seed, fill center with sugar, cinnamon and butter and replace segment. Wrap each peach in pastry and place in buttered baking dish. If peaches are not very juicy, mix together the following syrup and pour AROUND, not over, dumplings in the baking dish.

Syrup:

1/2 c. sugar	2 T. butter
1 c. water	1/4 t. cinnamon

Boil together for 3 minutes

Bake dumplings for 40 minutes at 425 degrees. Serve warm with cream or whipped cream. 6 servings.

BAKED CHEESE SANDWICH

12 slices bread	2 1/2 c. milk
6 thick slices American cheese	1 t. salt
	1/8 t. pepper
2 eggs, beaten	1/4 t. dry mustard

Butter a baking dish and arrange 6 slices bread on the bottom. Cover with cheese and top with the other 6 slices of bread to make sandwiches. Beat together egg, milk, and seasonings. Pour over the "sandwiches" and chill in refrigerator for about 1/2 hour. Then bake at 350 degrees for about 1 hour--until golden brown. Serve hot.

WHAM - Television
Channel 5
Weekdays, 9:00 to 9:30 A.M.

TRUDY McNALL'S HOME COOKING RECIPES

September 10 - 21, 1956

WHAM - Radio
1180 KC
Weekdays, 12:45 to 1:00 P.M.

September 10, 1956

BROILER MEAL

Ground Meat Patties with Blue Cheese Topping
Broiled Baked Potatoes
Broiled Tomatoes Tossed Green Salad
Fresh Peaches

GROUND MEAT PATTIES WITH BLUE CHEESE TOPPING

1 1/4 pounds ground meat	1/4 t. dry mustard
Salt and pepper	1/4 t. salt
2 T. blue cheese	1 t. Worcestershire sauce
2 T. soft butter	

Season meat with salt and pepper to taste. Shape into 4 thick patties about 1" thick. Broil 5 minutes about 3" from heat, turn broil 3 minutes. Spread with blue cheese topping made by combining all remaining ingredients. Broil 2 minutes or until topping is bubbly. Serves 4.

BROILED BAKED POTATOES

Scrub 3 medium potatoes; quarter lengthwise; dry thoroughly on paper towels. Brush on all sides with salad oil. Arrange, skin side up, in single layer on broiler rack; sprinkle lightly with salt and paprika. Broil about 3" from heat until brown and crusty, about 15 minutes. Turn, season again. Broil 5 minutes; brush again with oil, broil 5 minutes longer. Other side should be brown and potatoes tender when tested with a fork. These resemble panroasted potatoes--they're brown and crusty outside, soft and mealy inside. Serve at once. 4 servings.

CHOCOLATE SQUARES

From Gladys Kivell, Bronxville, N.Y.

1/2 c. butter	1 t. baking powder
3/4 c. sugar	1/4 t. salt
1 t. vanilla	1 c. chopped nuts
4 eggs	1 c. cake flour

1 can Hershey's syrup (large can)

Cream butter and sugar, add vanilla. Add eggs one at a time beating well after each addition. Add syrup. Sift cake flour, baking powder, and salt. Add to first mixture. Pour into greased and floured 9 x 13 inch pan. Sprinkle with chopped nuts. Bake at 350 degrees for about 30 minutes.

STREUSEL COFFEE CAKE

From Gladys Kivell

1/2 c. butter	1 t. baking powder
1 c. sugar	1 t. soda
2 eggs	1 t. vanilla
1 c. sour cream	1/4 c. sugar
2 c. flour	1 t. cinnamon

1/2 c. chopped nuts

Cream butter and sugar, add eggs beating well after each addition. Add sour cream alternately with sifted flour, baking powder and soda. Add vanilla. Combine 1/4 c. sugar, cinnamon and nuts. Grease and flour 9" tube pan. Spread less than half the batter in bottom of pan, sprinkle over a little more than half the cinnamon and sugar mixture. Pour rest of batter on top, sprinkle with remaining sugar mixture. Bake at 350 degrees about 45 minutes or until done.

September 11, 1956

INDIAN RELISH

From Mrs. M. D. Stubbs, Rochester, N.Y.

12 sweet red peppers	2 handfuls salt
12 green peppers	4 T. celery seed
12 medium size cucumbers, peeled	4 T. mustard seed
	3 pints cider vinegar
12 medium size onions	3 pints sugar

Grind peppers, cucumbers and onions. Add salt. Let stand about 1/2 hour, then put in bag and let drain overnight. Squeeze as dry as you can. Add remaining ingredients, stir until blended. DON'T HEAT OR COOK ANYTHING. Makes about 3 quarts. Pack into clean jars.

LUNCHBOX COOKIES "BANANA OATMEAL"

3/4 c. shortening	3/4 t. cinnamon
1 1/2 c. flour	1 egg
1 c. sugar	1 c. mashed bananas
1/2 t. soda	1 3/4 c. quick cooking rolled oats
1 t. salt	
1/4 t. nutmeg	1/2 c. chopped nuts

Sift together flour, sugar, soda, salt, nutmeg, and cinnamon. Cut in shortening with a pastry blender. Add egg, banana, rolled oats and nuts. Beat until well blended. Drop by teaspoonfuls onto ungreased cookie sheet. Bake at 375 degrees for 15 minutes. Makes 4 to 5 dozen.

September 12, 1956

ANOTHER QUICK TRICK FOR YOUR BROILER

Broiled Corned-Beef Hash--Pineapple Slices
Chili Sauce Cheese Toasted Rolls
Green Bean and Onion Salad
Apple Pie

BROILED CORNED BEEF HASH

Cut both ends from can of Corned Beef Hash. Push out hash and cut into 4 slices. Place on greased broiler rack. Arrange beside hash 4 drained, canned pineapple slices. Broil hash and pineapple about 3 1/2" from heat for about 8 minutes on each side or until lightly browned. Brush pineapple with melted butter.

CHEESE TOASTED ROLLS

Split rolls, spread with softened butter, sprinkle thickly with grated Parmesan cheese. Toast in broiler with hash and pineapple last few minutes.

APPLE PIE

Crust:

2 c. flour	1 t. salt
2/3 c. shortening or lard, or half and half	5 T. cold water (about)

Sift flour with salt. Cut in shortening with pastry blender until mixture resembles coarse meal and some of the pieces of fat are the size of small peas. Add cold water, a little at a time, use just enough to hold mixture together.

Filling:

5 to 6 c. apples, sliced	3/4 t. cinnamon
1/2 c. white sugar	1 T. flour
1/2 c. brown sugar	2 T. butter

Roll 1/2 the dough to about 1/8" thickness and line 9" pie plate. Combine sugars, cinnamon and flour. Sprinkle 1/3 of sugar mixture on bottom crust. Add sliced apples. Sprinkle remaining sugar mixture over top of apples. Dot with butter. Roll out remaining pastry, making gashes or a design to allow steam to escape, place over apples. Seal edges of crust. Brush with milk or light cream. Bake at 450 degrees for 20 min. then reduce temperature to 350 for 30 minutes or until apples are tender.

September 13, 1956

FRENCH BRIOCHE

A Rochester Gas and Electric Recipe

1 yeast cake or 1 pkg. dry yeast	1/2 c. sugar
	2 eggs, well beaten
1/2 c. lukewarm water	1 egg yolk, well beaten
1 c. milk, scalded	3 1/2 c. flour
1 1/2 c. flour	1/4 t. mace
1/2 c. melted shortening	1/3 c. softened butter
3/4 t. salt	Chopped nuts

*Confectioners Icing

Dissolve yeast in lukewarm water. Cool milk to lukewarm, add dissolved yeast and 1 1/2 c. flour. Beat until smooth, cover and let rise until light. Add shortening, salt, sugar and well beaten eggs to the sponge and beat well. Add flour and mace. Mix well, cover and place in refrigerator overnight. Turn out onto a lightly floured board and roll into a long rectangular shape. Spread with well creamed butter. Fold from sides to center to make 3 layers. Cut off narrow strips 1" wide. Let stand until very light. Twist each strip and form a ring. Place on a greased sheet and let rise until light. Bake at 400 degrees for 14 to 20 minutes. Ice with confectioners while hot and sprinkle with chopped nuts.

*CONFECTIONERS ICING

1/2 c. confectioners sugar 2-3 t. water

Combine and spread on hot buns.

Note: Many of you have inquired about the range in our kitchen. It is a Roper Gas Stove from the Rochester Gas and Electric at 89 East Ave. in Rochester, also General Electric Dishwasher, Disposal and Refrigerator-Freezer.

September 14, 1956

FEATURING FISH FOR YOUR BROILER

Broiled Fish Fillets or Slices
Crisp Broiled Onion Slices Soy Sauce
Buttered Green Limas with
Chopped Raw Red or Green Peppers
Apple-Cucumber Salad
Broiled Frosted Cake

PREPARING THE MEAL:

Arrange 8 peeled onion slices 1/2" thick on greased broiler rack; brush with oil, broil 3 minutes (about 3 1/2 inches from heat). Place fish fillets or steaks on broiler rack beside onions; brush with oil; sprinkle lightly with flour, salt and paprika. Broil onions and fillets about 10 to 12 minutes without turning (if using steaks or slices 1 to 1 1/2" thick allow about 8 minutes on each side. Meanwhile start cooking or heating limas, prepare salad. Test fish with a fork; it is done when it flakes easily and is moist. Shortly before removing from broiler dash onions with soy sauce.

BROILED FROSTED CAKE

1 square cake	1/3 c. brown sugar
2 T. butter	1/2 c. shredded coconut, snipped
1/4 c. evaporated milk or thin cream	

Place cake on cookie sheet. Heat butter and evaporated milk in small saucepan; add other ingredients, mixing well. Spread by spoonfuls on cake. Place low in broiler about 5" from heat; broil slowly until bubbly and lightly browned, about 4 minutes. Serve warm. Cake may be broiled during serving of main course. Watch carefully.

APPLE CUCUMBER SALAD

3 T. mayonnaise
2 T. lemon juice
2 tart apples, pared and diced
1/2 large cucumber, pared and coarsely diced
1/4 t. salt
4 crisp, cup-shaped lettuce leaves
Paprika

Blend mayonnaise and lemon juice. Add apples, cucumber and salt. Toss until well mixed. Serve at once in lettuce cups; sprinkle with paprika.

September 17, 1956

HAM SLICE--A Special Way

From Edith Woodhouse, Belleville, Ont., Canada

Ham slice
1 T. butter
1 can sweet potatoes
Whole cloves
1 T. brown sugar
1 box frozen peas or broccoli
1 c. cream of apple juice

Brown ham on both sides over medium heat in butter. When ham is browned top with canned sweet potatoes (well drained), place a whole clove or two on each sweet potato. Top with brown sugar and dot with butter. Place a box of frozen peas or broccoli (they should not be thawed, just enough to separate them a little) around the ham. Add cream or apple juice. Cover and bake at 375 degrees for 20 to 30 minutes.

WAFFLE BROWNIES

1 1/2 c. flour
1/2 t. salt
1/4 t. cinnamon
3/4 c. shortening
2/3 c. sugar
2 eggs, separated
3/4 c. milk
2 sq. unsweetened chocolate, melted
1/2 c. chopped nuts

Sift flour, salt and cinnamon together. Cream shortening, add sugar gradually and beat until well blended. Add egg yolks. Add milk alternately with sifted dry ingredients. Add melted chocolate and nut meats; fold in egg whites which have been stiffly beaten. Bake about 5 minutes in a waffle baker slightly cooler than for plain waffles. Serve as a dessert with a scoop of vanilla ice cream and top with chocolate sauce.

September 18, 1956

ESPECIALLY FOR THE LADIES

Sandwich Loaf
Fresh Fruit Salad Honey French Dressing
Relish Tray
Biscuit Tortoni

SANDWICH LOAF

1 1/2 pound loaf bread unsliced
1/2 c. softened butter
1 medium tomato, peeled
2—2 1/4 oz. cans deviled ham
4—3 oz. packages cream cheese
3 to 4 T. milk
5 pitted ripe olives, cut in half
5 stuffed olives, sliced

Luncheon Meat Filling:
1—12 oz. can luncheon meat, mashed or ground
2 T. pickle relish
2 T. mayonnaise

Egg Salad Filling:
4 hard cooked eggs, finely chopped
1/2 t. salt
1/8 t. pepper
3 T. minced green pepper
2 t. minced onion
1/4 c. mayonnaise

Cooked Meat Filling:
1/2 c. ground cooked meat
2 T. finely chopped ripe olives
1/4 c. minced celery
2 t. minced onion
1/4 t. salt
1/4 c. mayonnaise

Trim crusts from bread. Cut the loaf lengthwise into 4 pieces. Butter each piece on both sides except the bottom slice which is buttered only on top side. Spread bottom slice of bread with luncheon meat filling. Add second slice of bread and spread with 1/2 of cooked meat filling. Place thinly sliced tomato over filling, cover with remaining cooked meat filling. Add fourth slice. Wrap in waxed paper and place in refrigerator to chill for several hours or overnight. Place loaf on serving tray. Spread top of loaf with deviled ham. Soften cream cheese with milk to spreading consistency. Spread sides of loaf with cream cheese. Decorate with cream cheese forced through a pastry tube and garnish with olives. Chill before serving. Slice before serving. Slice with sharp knife. 12 to 14 slices.

BISCUIT TORTONI

From Rochester Gas and Electric Home Service Dept.

1/2 c. fine dry bread crumbs
*1/4 c. macaroon crunch
1/2 c. sugar
1/4 t. salt
3/4 c. milk
1 c. heavy cream
2 T. powdered sugar
1/2 t. vanilla
Maraschino cherries

Toast crumbs to a delicate brown. Add macaroon crunch, sugar and salt. Reserve 2 T. of the crumb mixture. Add milk to rest of crumbs. Beat cream until thick. Add sugar and flavoring and fold in crumb mixture. Fill paper souffle cups and sprinkle with crumbs. Garnish with maraschino cherry. Place in food freezer or freezing compartment of refrigerator and freeze until firm.

*Sliced almonds may be substituted; toast with bread crumbs.

September 19, 1956

PLANKED LAMB CHOPS

4 lamb sirloin chops, cut 1 1/2 inches thick
Salt and pepper
2 medium size tomatoes, cut in half
1/4 c. melted butter
1/4 c. Parmesan cheese
3 to 4 cups seasoned mashed potatoes

Place chops on broiler rack and insert broiler so that the top surface of chops is 2 to 3 inches from the heat. Broil until chops are browned on one side, about 10 minutes. Season. Remove chops and place on heated plank or fireproof platter with broiled side down. Place tomato halves around lamb chops. Brush tomatoes with butter and sprinkle with Parmesan cheese. Make a border of mashed potatoes around food on plank. Brush potatoes with melted butter. Place under broiler to finish cooking meat and to brown potatoes, about 8 minutes. 4 servings.

Note: For planking one of the meats you can select is lamb sirloin chops. The bone and muscle structure is very similar to a beef sirloin steak. Of course the lamb chops are much smaller in size. Each chop contains a small cross-section of the backbone and part of the hip bone. The shape of the muscles varies quite a bit between chops. Most all kinds of lamb chops have a thin, paper-like covering on the fat side called the "fell". Often the meat retailer will remove this before selling the meat.....but if not, remove the fell with a sharp knife. A chop cooked with the fell left on will tend to curl.

FROSTED CRULLERS

From Mary Hoff

3 eggs, well beaten
3/4 c. sugar
1/4 c. butter, melted
1 t. vanilla
2 1/2 c. flour
2 t. baking powder
1/2 t. salt

Beat eggs until thick and lemon colored. Add sugar, continue beating, add butter and vanilla. Sift flour, baking powder and salt, stir into egg mixture. Flour hands, break off pieces of dough (about a teaspoon) roll between hands until it is about the size of a clothespin and drop into hot fat. Fry until golden brown as you would fried cakes. Frost while warm. Frying temperature about 365 degrees. Time: about 3 minutes.

Frosting:
1/2 pound confectioners sugar
1/2 t. vanilla
Water

Combine all ingredients using just enough water to make a frosting just short of being runny. Hold warm cruller over the bowl and spread frosting on with a knife. As it cools it becomes a glaze.

September 20, 1956

HERMITS

1 c. shortening
1 c. brown sugar
1 c. granulated sugar
2 eggs
1 c. cold coffee
2 c. seedless raisins
1 c. chopped nuts
3 1/2 c. flour
1/2 c. cocoa
1/2 t. cinnamon
1/2 t. nutmeg
1/2 t. cloves
1 1/2 t. baking powder
1/2 t. soda
1/2 t. salt

Cream shortening and sugars well. Add eggs and continue beating until light and fluffy. Sift flour, cocoa, spices, baking powder, soda and salt. Add alternately with coffee to first mixture. Stir in nuts and raisins. Drop by spoonfuls onto lightly greased cookie sheet. Bake at 375 degrees for 10 to 12 minutes. Makes 4 1/2 to 5 dozen.

Note: If raisins are dry, cover with cold water and bring to a boil, simmer until plump, about 5 minutes. Drain well and cool before adding to cookie batter.

September 21, 1956

QUICKLY BAKED FISH

2 1/2 pounds fish fillets
Salt, pepper, paprika
Onion slices
1 c. sour cream

Season both sides of fillets with salt, pepper and paprika. Place, skin side down in a greased shallow baking dish or platter, cover with onion slices, pour cream over all. Bake uncovered at 350 degrees for 30 minutes. Baste occasionally with the cream in the pan. Garnish with parsley or watercress.

VIENNA TARTS

Mrs. Thelma Harmon, Weedsport, N.Y.

1/2 c. butter
3 oz. cream cheese
1 c. flour
2 T. sugar
1/8 t. salt
1/4 c. red currant, raspberry, strawberry or grape jelly
1 egg yolk
2 T. milk
1/2 c. chopped nuts
Confectioners sugar

Work butter and cream cheese together until soft, stir in flour, sugar and salt. Blend thoroughly. Chill in refrigerator about 1 hour. Roll dough about 1/8" thick on lightly floured cloth. Cut in 2 1/2 to 3 inch circles. Spoon a bit of jelly about 1/4 t. near center of each circle. Fold half of circle over other half and pinch edges to seal. Pull the corners around to shape a crescent. Dip in mixture of egg yolk and milk. Roll in chopped nuts. Place on ungreased cookie sheet and bake at 400 degrees for 8 to 10 minutes. Sprinkle with confectioners sugar and cool. Makes 2 dozen.

TRUDY MC NALL'S

HOME COOKING RECIPES, SEPTEMBER 24 - OCTOBER 5, 1956

Channel 5
Daily, Monday - Friday
9:00 to 9:30 A.M.

RADIO CITY, ROCHESTER 3, N. Y.

September 24, 1956

GLAZED SLICE OF HAM

slice ham, 1" thick
T. brown sugar
t. dry mustard
4 slices pineapple
4 cooked sweet potatoes
Parsley

rown ham on one side, turn and spread with ugar and mustard. Arrange slices of pineapple d sweet potatoes around ham, browning on both sides. Cover and simmer for 15 to 20 minutes. arnish with parsley. If using automatic fry pan, se 360 degrees for browning, 200 degrees to inish cooking.

OPEN FACED APPLE CREAM PIE

1/2 pint dairy sour cream
1 egg
1/2 t. vanilla
1/8 t. salt
3/4 c. sugar
2 T. flour
2 c. finely chopped apples
9" unbaked pie shell
1/3 c. sugar
1/3 c. flour
1 t. cinnamon
1/4 c. butter

Mix together sour cream, slightly beaten egg, vanilla and salt. Combine the 3/4 c. sugar and the 2 T. flour and stir in. Add apples mixing well. Turn into pastry lined pie pan. Bake in hot oven 450 degrees for 10 minutes to set crust. Reduce heat to 350 degrees and bake 30 minutes. Remove from oven. Meanwhile combine the 1/3 c. each sugar and flour and the cinnamon, cut in butter until crumbly, sprinkle over hot pie. Return to oven 325 degrees and continue baking 20 minutes. Serves 6.

September 25, 1956

STUFFED FLANK STEAK

1 flank steak (1 to 1 1/4 pounds)
1 T. flour
2 T. prepared mustard
3/4 t. salt
1 1/2 c. bread cubes
1/2 c. chopped onion
1/2 c. chopped celery
1/4 c. butter, melted
1/2 t. poultry seasoning
1/4 t. salt
Fat for browning
1 c. water

Score steak on both sides; dredge in flour, spread one side with mustard, sprinkle with 3/4 t. salt. Combine remaining ingredients, spread over steak. Roll as for jelly roll and fasten with skewers or toothpicks and lace with string. Brown on all sides in a little fat. Add water. Cover and bake at 350 degrees for about 2 hours or until tender. Serves 4 to 5.

Note: You may use round steak instead of flank steak if you wish. Bake potatoes along with steak, also baked frozen vegetable. Allow at least 1 1/2 hours for potatoes, 40 minutes for most vege-

OATMEAL MOLASSES COOKIES

1/4 c. butter
1 1/4 c. sugar
6 T. molasses
2 eggs
1 3/4 c. flour
1 t. soda
1 t. salt
1 t. cinnamon
2 c. quick cooking rolled oats
1/2 c. chopped nuts
1 c. seedless raisins

Cream butter and sugar. Add molasses and eggs and beat thoroughly. Sift flour, soda, salt, cinnamon and add to first mixture. Stir in rolled oats, raisins and nuts. Drop by teaspoons onto lightly greased cookie sheet. Bake 10 to 12 minutes at 375 degrees.

September 26, 1956

BROILER MEAL

Broiled Lamb Patties
Parsley Buttered Potatoes
Minted Pear Halves

LAMB PATTIES

1 1/2 pounds ground lamb
1 t. salt
1/3 c. milk
Bacon strips

Combine lamb, salt and milk. Shape into five 3/4 inch patties. Circle each with a strip of bacon and anchor ends with a toothpick. Score tops of patties with knife.

PARSLEY POTATOES

2--1 pound cans small potatoes
2 T. butter
Chopped parsley
Paprika
Salt and pepper

Place potatoes in 10 x 7 x 1 1/2 inch foilware pan, or form "pan" from aluminum foil--use double thickness of household weight, single if heavy duty. Drizzle potatoes with melted butter, season with salt and pepper. After browning sprinkle with paprika and parsley.

MINTED PEAR HALVES

Pear halves
Mint jelly

Drain pear halves. Fill with mint jelly during last 5 minutes of broiling.

TOMATOES WITH CHEESE

Place tomato wedges at each end of potato dish, sprinkle with grated parmesan cheese. Add tomatoes after turning patties.

HOW TO BROIL:

Arrange the meat patties, potatoes and pear halves (cut side up) on broiler pan. Broil 12 minutes, 4 to 5 inches from heat. Turn patties; brush potatoes again with melted butter and season with salt and pepper, sprinkle tomatoes with parmesan cheese. Broil 5 minutes or until patties are done. Serves 5.

QUICK HAPPY APPLESAUCE CAKE

1 cup thick apple sauce
Milk
1 pkg. white cake mix
2 t. cinnamon
1 t. nutmeg
1 egg

Substitute applesauce for 1 c. of milk called for on cake mix package directions. Combine cake mix, and spices; add applesauce and milk, according to directions on package. Add egg with last quantity of milk. Mix well. Pour into 9 x 9 x 2" pan. Bake at 350 degrees for 45 to 50 minutes.

September 27, 1956

APPLESAUCE CORN MEAL GRIDDLE CAKES

1 c. yellow corn meal
1 c. flour
2 T. sugar
3/4 t. salt
4 t. baking powder
2 eggs
1 1/2 c. apple sauce
1/4 c. butter, melted
3/4 c. milk

Combine corn meal, flour, sugar, salt and baking powder. Beat eggs; add with apple sauce. Stir until blended. Add melted butter and milk; mix well. Drop by spoonfuls on hot griddle spreading thin. Bake, turning to brown both sides. Serve hot with maple syrup. Yield: 4 servings.

Applesauce:

Applesauce, (if you make your own) is more easily made if you wash and quarter apples, then cook them without coring or peeling. When apples are tender, put them through a collander. This not only saves time, but makes a better flavored sauce, fortified with the vitamins near the apple skin. Either fresh or canned applesauce may be used in this recipe.

OVEN COOKED BACON

Easy way to cook bacon for a crowd. No turning, no draining. Separate slices and lay on rack in shallow pan, overlapping fat edge of one strip over lean tip of the next. Bake in hot oven 400 degrees 10 to 12 minutes or until crisp.

Sweet Roll Heat-up--by the dozen. Heat in foil while bacon bakes.

September 28, 1956

LOBSTER TAILS BROILED

Thaw rock-lobster tails and cut off thin under-shell membrane with kitchen scissors. Bend tail back to crack shell or insert long skewers lengthwise to prevent curling. Broil 5 minutes shell side up. Turn meat side up; brush with melted butter. Broil 5 to 6 minutes. Sprinkle with parsley and paprika before serving.

CRABMEAT BACON ROLLS
"A Tasty Snack"

1/2 c. tomato juice
1 egg, well beaten
1 c. dry bread crumbs
1/8 t. salt
Dash pepper
1 t. chopped parsley
1--6 1/2 ounce can crabmeat
12 strips bacon, cut in half

Mix tomato juice and egg. Add crumbs, seasonings, parsley and crabmeat. Mix well. Roll into finger lengths; wrap each roll in 1/2 strip bacon fasten with toothpick. Broil, turning frequently to brown evenly. Makes 2 dozen rolls.

FRESH PEACH PIE

4 c. sliced fresh peaches
3/4 c. sugar
1/8 t. salt
3 T. cornstarch
2 T. butter
1/8 t. almond extract
Pastry for 9" pie

Arrange peach slices in pastry-lined pan. Mix sugar, salt and cornstarch and fold through peaches. Dot with butter, sprinkle with almond extract. Cover with top crust. Make gashes in top crust for escape of steam. Bake 450 degrees for 10 minutes, reduce heat to 350. Continue to bake until crust is golden brown and peaches are tender.

October 1, 1956

OVEN MEAL

Swiss Steak — Baked Potatoes
Scalloped Onions
Date Nut Cake — Baked Apples

SWISS STEAK

2 pounds round steak
1/2 c. flour
2 t. salt
1/4 t. pepper
1/4 c. shortening
2 c. tomatoes
1 onion, sliced

Combine flour, salt and pepper. Pound seasoned flour into steak. Brown slowly in shortening. Add tomatoes and onion. Simmer uncovered 10 minutes. Cover and bake at 350 degrees 1 hour or until meat is fork tender.

BAKED POTATOES

Scrub 6 small potatoes. After baking make cross on top, push in ends. Top with butter and dash of paprika. Bake 1 hour.

SCALLOPED ONIONS

6 medium onions
1/4 c. butter
1/4 c. flour
2 c. milk
1/2 t. salt
2 c. grated American cheese

Slice onions very thin. Melt butter, blend in flour. Add milk slowly and cook stirring constantly until thickened. Add salt and cheese. Pour over onions. Bake uncovered 1 hour.

DATE-NUT CAKE

1 c. chopped dates
1 c. boiling water
1/2 c. shortening
1 c. sugar
1/2 t. salt
1 t. vanilla
1 egg
1 2/3 c. flour
1 t. soda
1/2 c. chopped nuts

Pour boiling water over dates; cool to lukewarm. Cream shortening and sugar, add vanilla and egg, beat until fluffy. Sift flour, soda and salt. Add alternately to creamed mixture with dates. Beat well. Stir in nuts. Bake in greased and floured 8 inch square pan 1 hour. Serve plain or with whipped cream.

BAKED APPLES
For the next day if you wish.

Core 6 baking apples; place in casserole. Combine 1/2 c. brown sugar, 1/2 c. water, 2 T. butter and 1 orange sliced. Bring to a boil, pour around apples. Bake uncovered 1 hour.

October 2, 1956

BEEF-NOODLE CASSEROLE

1 c. chopped onion
2 T. shortening
1 pound ground beef
3 c. noodles
3 c. tomato juice
2 t. salt
1 t. celery salt
Dash pepper
1 t. Worcestershire sauce
1 c. sour cream

Cook onion in shortening until tender but not brown. Add meat; brown lightly. Place noodles in layer over meat. Combine remaining ingredients except sour cream; pour over noodles to moisten all. Bring to boiling point; cover and simmer over low heat 30 minutes, or until noodles are tender. Stir in sour cream; heat just to boiling. Season to taste. Garnish with onion rings, if desired. Serves 6.

MOCHA POUND CAKE

2/3 c. shortening
2 c. cake flour
1 1/4 c. sugar
1 T. instant coffee
1 t. salt
1/2 t. cream of tartar
1/4 t. soda
1/2 c. water
1 t. vanilla
3 eggs
2 squares chocolate, melted
Confectioners sugar

Stir shortening to soften. Sift in flour, sugar, instant coffee, salt, cream of tartar and soda. Add water and vanilla; mix until flour is dampened then beat vigorously 2 minutes. Add eggs and chocolate, beat 1 minute longer. Pour into greased and floured 9 1/2 x 5 x 3 inch loaf pan. Bake at 325 degrees for 65 to 70 minutes, or until done. Cool in pan 10 minutes; remove. When thoroughly cool, sift confectioners sugar over top.

Note: This cake has a velvety crumb, melts in your mouth. You'll like the coffee-chocolate flavor. Slices well.

October 3, 1956

PIGS IN BLANKETS
"Special Request"

From The New England Cook Book. This tasty tidbit is said to have been first served at the Governor's Palace in Portsmouth, New Hampshire, on the day of Governor Benning Wentworth's wedding in 1760. It was the Governor's birthday, and his bride, the 20-year-old Martha Hilton, was a scullery maid. There were 20 courses at the marriage feast, and the Pigs were a savory. Today they are served as a prelude to luncheon or dinner as hors d' oeuvres or for supper.

2 dozen medium-sized oysters
1 lb. thinly sliced bacon

Place each oyster on a slice of bacon. Roll bacon around oyster and fasten with a toothpick. Place on shallow pan under broiler and cook until bacon is crisp and brown, about 10 minutes, turn and broil on the other side.

CHEESE CAKE
from Florence Torti, Rochester, N.Y.

18 graham crackers
1/4 pound butter
1 T. sugar
1 pound dry cottage cheese
1 egg
1/2 c. milk
1/2 c. sugar
1 lemon
1/2 pint dairy sour cream
2 t. sugar
1/2 t. vanilla

Mix graham crackers made into crumbs ith 1/4 lb. butter and sugar. Mix together well .d line 9 inch pie plate. Combine cottage chees egg, milk and 1/2 c. sugar and juice and rind of . ıor Beat well. Pour into crust. Bake at 350 de :s for 20 minutes. For topping combine sour c ..n with the 2 t. sugar and vanilla. Spread ove 'op of baked cake and return to oven 450 degree ır 5 minutes. Cool and serve.

Note: Put cheese through strainer or com ..h ingredients for filling and put in blendor.

October 4, 1956

BUTTER TARTS

1/3 c. butter
1 c. brown sugar
2 T. cream
1/2 c. raisins
1 egg, beaten
1 t. vanilla
1/2 c. chopped nuts
Pastry

Line tart shells with pastry. Combine remair ıng ingredients and place spoonfuls into the unbak tart shells. Bake 450 degrees 8 minutes, tl reduce 350 degrees until pastry is brown. Se slightly warm with whipped cream, topped w maraschino cherry.

October 5, 1956

FILLET OF SOLE WITH DILL PICKLE STUFFING

1 1/2 quarts soft 1/2" bread cubes
1/4 c. melted butter
1/2 c. chopped dill pickle
1/3 c. chopped onion
1/3 c. milk or water
1/2 t. salt
1/8 t. pepper
1/8 t. sage
6 fish fillets of sole
* * *
1 T. melted butter
1/8 t. paprika

Combine bread cubes, butter, pickle, onion, mi salt, pepper and sage. Place 1/4 c. stuffing each fillet, roll up crosswise. Place in greas baking pan arranging fillets so overlapping edges are down. Shape remaining stuffing into 6 balls, using 1/4 c. per ball and place in same pan as fillets. Combine melted butter and paprika and brush over fillets. Combine melted butter and paprika and brush over fillets. Bake at 400 degrees for 35 minutes. 6 servings.

APPLE CANDIES
from Dorothy Smith, Hamilton, Ontario, Canada

Note from Dorothy Smith: These are the delightful candies served at our Church Bazaar.

3/4 c. sugar
1 c. thick apple sauce
1 pkg. fruit flavored gelatin
2/3 c. nuts (optional)

Combine sugar and applesauce in saucepan. Bring to boil over medium heat. Boil 3 minutes, stirring constantly. Add gelatin and stir over low heat until thoroughly dissolved. Remove from heat, add nuts if desired. Pour into greased 8" square pan. Chill until firm. Cut into squares 1 1/2 x 3/4 inches. Roll in fine granulated sugar and let stand on rack at room temperature overnight or at least 6 to 8 hours. Then roll in sugar again and pack into candy box between layers of wax paper.

Quote from Dorothy: "I prefer them without nuts."

BUTTERSCOTCH CHIFFON PIE

3 egg yolks
1 c. milk, scalded
1/2 c. brown sugar
1/4 t. salt
1 T. unflavored gelatin
1/4 c. cold water
1 t. vanilla
3 egg whites, stiffly beaten
1 c. heavy cream, whipped
Chopped pecans
9" pie shell

In top of double boiler combine egg yolks, milk, brown sugar and salt. Cook stirring constantly until mixture coats a spoon. Soften gelatin in co water, dissolve in hot custard. Remove from stir the custard over cracked ice until it Add vanilla and fold in egg whites ar Turn mixture into baked 9" with chopped

TRUDY MC NALL'S

WROC - Television
Channel 5
Daily, Monday - Friday
9:00 to 9:30 A.M.

RADIO CITY, ROCHESTER 3, N. Y.

October 8 and 9, 1956

We welcome to "Home Cooking" Dolores Smith from the National Live Stock and Meat Board in Chicago, Ill. Recipes demonstrated by Dolores are available on a printed folder. We will send them to you with your regular recipes upon request. Don't forget to enclose a self addressed stamped envelope when requesting recipes.

October 10, 1956

OVEN MEAL

Baked Meat Patties
Oven Creamed Potatoes Baked Frozen Veg.
Apple Souffle

BAKED MEAT PATTIES

1 1/2 pounds ground beef	1 egg
1 1/2 t. salt	1/2 c. milk
1/8 t. pepper	1 c. soft bread crumbs
1/4 c. finely chopped onion	3 T. shortening
	*Hot Sauce

Combine all ingredients except shortening. Shape into 4 patties about 1 inch thick. Brown on both sides in shortening. Place in deep baking pan. Cover with Hot Sauce*. Bake in moderate oven 350 degrees for about 1 hour. Spoon sauce over the patties every 20 minutes during baking.

*HOT SAUCE

1/2 c. chopped onion	1 T. sugar
1--6 oz. can tomato paste	1 t. salt
	3 drops Tabasco sauce
1 T. pickle relish	3 T. vinegar
2 t. chili powder	3/4 c. water

Combine all ingredients. Simmer 15 minutes.

OVEN CREAMED POTATOES

1 qt. diced, pared raw potatoes (4 to 6)	1/8 t. pepper
	1 1/4 c. milk
1/4 c. flour	2 T. butter
1 t. salt	

Toss potatoes in flour, salt and pepper until well coated. Put into well buttered 1 1/2 quart casserole. Heat milk and butter to scalding. Pour over potatoes. Cover; bake 1 hr., uncover and bake 15 minutes until tender and lightly browned. Makes 4 generous servings. Leftovers may be reheated in skillet or under broiler.

APPLE SOUFFLE

2 c. graham cracker crumbs	1--15 oz. can sweetened condensed milk
1/2 t. cinnamon	2 T. lemon juice
2 T. butter, melted	2 c. apple sauce
3 egg yolks	3 egg whites, stiffly beaten

Combine crumbs, cinnamon and butter. Spread layer of crumbs in 8" square baking dish. Beat egg yolks until thick and lemon colored. Stir in milk, lemon juice and apple sauce. Fold in stiffly beaten egg whites. Pour into baking dish. Sprinkle with remaining crumbs. Bake at 350 degrees for about 50 minutes.

BAKED FROZEN VEGETABLES

1 pkg. frozen vegetables (peas, string beans, lima beans, corn, squash)	3 T. butter
	3/4 t. salt
	Dash pepper

Place frozen vegetable in 1 1/2 quart casserole. Dot with butter, season with salt and pepper. Cover and bake at 350 degrees for 45 minutes to 1 hour or until done. Frozen squash will take longer than peas and string beans.

October 11, 1956

CHERRY ROLL-UPS

2 c. flour	1/2 c. milk
1/2 t. salt	2 c. canned cherries
4 t. baking powder	1 c. sugar
1 T. sugar	1 T. flour
1/3 c. shortening	1 c. cherry juice
1 egg, well beaten	1 T. butter

Sift dry ingredients. Cut in shortening until mixture resembles coarse crumbs. Add combined egg and milk. Turn out onto lightly floured board. Roll 1/2 inch thick. Brush with melted butter; spread with well drained cherries. Roll as for jelly roll. Cut 1/2 inch slices. Place in baking dish. Combine sugar and 1 T. flour. Stir in cherry juice. Cook until slightly thickened, stirring constantly. Add butter. Pour over rolls. Bake at 400 degrees for 30 minutes. Serves 6 to 8.

October 12, 1956

OVEN MEAL

Fish Loaf
Oven Cooked Rice Steamed Carrots
Oatmeal Apple Crisp

FISH LOAF

1 lb. cooked fish (salmon, tuna)	1 t. lemon juice
	1/2 t. salt
1/2 c. bread crumbs (stale)	Dash pepper
	1 T. chopped onion
1 T. melted butter	1 T. chopped parsley
1/2 c. milk	2 hard cooked eggs (for garnish)
2 eggs, slightly beaten	

Flake fish. Combine butter and crumbs. Add to fish. Combine milk and egg. Add to fish mixture. Add lemon juice, salt, pepper, onion and parsley. Mix well. Pack into well buttered loaf pan. Bake at 350 degrees for 40 minutes. Garnish with hard cooked egg slices.

OVEN COOKED RICE

1 c. rice	1 t. salt
2 1/2 c. hot water	3 T. butter

Wash rice thoroughly, drain. Combine rice, water, salt and butter in 1 quart casserole; cover. Bake in oven at 350 degrees for 1 1/4 hours or until water is absorbed and rice is tender. 6 servings.

OVEN STEAMED CARROTS

6 large carrots	2 T. butter
1/4 c. water	1 t. sugar
1/4 t. salt	

Slice carrots diagonally 1/4 inch thick. Add remaining ingredients. Cover and bake at 350 degrees for 45-50 minutes or until tender. 6 servings.

OATMEAL APPLE CRISP

6 medium tart apples	3/4 c. quick cooking rolled oats
1 c. brown sugar	
3/4 c. flour	1 t. cinnamon
1/2 c. butter	

Peel, core and quarter apples. Place in buttered 2 quart baking dish. Combine brown sugar, flour, oats and cinnamon. Cut in butter until crumbly; press firmly over apples. Bake at 350 degrees for 1 hour. Serve with whipped cream if desired. 6 to 8 servings.

October 15, 1956

HAWAIIAN BROILED CHICKEN

2 broilers (2 to 2 1/2 pounds)	1 t. cornstarch
	1 t. grated lemon rind
Melted butter	1/4 c. lemon juice
Salt and pepper	1/3 c. pineapple juice
Pineapple rings	2 T. finely chopped onion
Canned peach halves	1 t. soy sauce
1/2 c. butter	

Have chickens split in half and joints broken. Skewer leg and wing to body to make more compact and flat; sprinkle with salt and pepper. Place on broiler and brush with melted butter. Start broiling skin side down about 6 inches from heat. To cook evenly turn 2 or 3 times while broiling and brush with melted butter each time. Broil until tender 35 to 50 minutes depending upon size of chicken. While chicken is broiling make sauce by melting butter, adding cornstarch and blending well. Then add lemon rind, lemon juice, pineapple juice, chopped onion and soy sauce. Cook about 5 minutes stirring constantly until slightly thickened. 5 minutes before chicken is done, brush with sauce. Pass remaining sauce at table. Also place pineapple rings and peach halves on broiler pan, brush them with the sauce also. Garnish chicken with chopped parsley.

BANANA CHOCOLATE CHIP COOKIES

2 1/4 c. flour	2 eggs
1 c. sugar	1 c. mashed ripe bananas (2 to 3)
2 t. baking powder	1 t. vanilla
1/4 t. soda	1 c. chocolate bits
3/4 t. salt	1/4 t. cinnamon
2/3 c. shortening	1 T. sugar

Sift flour, sugar, baking powder, soda and salt. Cut in shortening. Add eggs, bananas and vanilla and beat until well blended. Add chocolate bits. Drop by teaspoonfuls about 1 1/2 inches apart onto UNGREASED cookie sheets. Sprinkle with a mixture of 1/4 t. cinnamon and 1 T. sugar. Bake at 400 degrees about 12 minutes.

Note. Serve French style green beans, fluffy rice, green salad with chicken.

October 16, 1956

MENU

Veal Rolls De Luxe
Whipped Potatoes Buttered Whole Kernel Corn
Grapefruit and Orange Salad
Delicious Date Muffins
Apple Streusel Pie

VEAL ROLLS DE LUXE

2 veal round steaks, cut 1/2 inch thick	1--2ounce can mushroom pieces, if desired
1 slice bacon, uncooked	2 T. shortening
1 hard cooked egg chopped	Salt and pepper
1 t. finely chopped onion	1 1/2 c. canned tomatoes
	Flour for gravy

Cut bacon into small squares and combine with chopped egg, onion and 2 T. mushrooms. Cut veal into 6 pieces approximately 3 x 4 1/2 inches. Remove bone. Pound veal and spread with bacon and egg mixture. Roll and fasten with wooden toothpick. Brown rolls in shortening. Season. Add tomatoes and remaining mushrooms. Cover and bake at 300 degrees or simmer on top of stove for 45 minutes to 1 hour or until tender. Remove rolls, thicken tomato liquid for gravy. 3-4 servings.

DATE MUFFINS

"Light and tender--not too sweet."

1 1/4 c. flour	3/4 c. finely cut dates
2 T. sugar	1 egg, well beaten
2 1/2 t. baking powder	3/4 c. milk
3/4 t. salt	1/3 c. melted shortening

Sift dry ingredients into mixing bowl. Stir in dates. Combine egg, milk and melted shortening; add all at once to dry ingredients. Stir quickly only until dry ingredients are well moistened. Drop batter into greased muffin pans. Bake at 400 degrees about 25 minutes.

Note: Fill muffin tins about 2/3 full.

APPLE STREUSEL PIE

1 c. flour	2 T. lemon juice
1/2 t. salt	3 T. orange juice
1/3 c. shortening	1/4 c. quick cooking rolled oats
1/4 c. quick cooking rolled oats	1/4 c. flour
3 T. water	3 T. brown sugar
4 c. sliced apples	1/2 t. cinnamon
3/4 c. brown sugar	1/4 c. butter

Sift flour and salt. Cut in shortening until mixture resembles coarse meal. Add oats. Add water gradually until pastry will hold together. Roll and fit into 8" pie plate. Combine apples, brown sugar, lemon and orange juice. Arrange in pie shell. Mix oats, flour, brown sugar, and cinnamon. Cut in butter. Sprinkle over apples. Bake at 450 degrees for 15 minutes, reduce to 375 degrees for 30 minutes or until apples are tender.

October 17, 1956

OVEN MEAL

Stuffed Pork Chop Casserole
Baked Acorn Squash Baked Potatoes
Rosy Pears
Hot Fudge Pudding

STUFFED PORK CHOP CASSEROLE

6 pork chops (3/4 inch thick)	1 c. soft bread crumbs
Salt and pepper	1/4 c. chopped onion
1 can cream style corn	1/4 c. chopped green pepper
1 can whole kernel corn, drained	2 T. chopped pimiento
1 egg	3/4 t. salt
	Dash pepper

Brown pork chops slowly in small amount of shortening. Season with salt and pepper. To make stuffing combine remaining ingredients. Arrange chops in baking dish spooning stuffing between and around chops. Bake UNCOVERED about 1 hour at 350 degrees.

BAKED ACORN SQUASH

Wash squash and put in oven as is without cutting. Bake at 350 degrees for 45 to 60 minutes or until squash will punch easily with a fork. Remove from oven, cut in two and scoop out the seeds. Flavor is best this way of cooking. Try the same method for larger squash, scooping out the squash after baking. Sprinkle inside of acorn squash with salt and pepper, add a bit of butter.

ROSY PEARS

6 pears	1/4 c. lemon juice
1/2 c. sugar	2 T. butter
1/2 c. water	Few drops red coloring

Pare pears and place in baking dish. Combine sugar, water, lemon juice, butter and coloring, bring to a boil, pour over pears; bake uncovered about 45 minutes.

HOT FUDGE PUDDING

(Made with a Mix)

1 package devils food cake mix	1/4 c. cocoa
1 c. brown sugar	1 c. chopped nuts
	1 3/4 c. hot water

Prepare cake mix as directed on package. Pour one half of batter into greased 9" square cake pan. Use remaining batter for cup cakes. Combine sugar, cocoa and walnuts; sprinkle over batter. Pour hot water over. Bake at 350 degrees 45 minutes. Serve warm with whipped cream or ice cream.

October 18, 1956

PINEAPPLE NO-BAKE CHEESE CAKE

(A Party Dessert)

2 T. unflavored gelatin	1 t. grated lemon rind
3/4 c. sugar (divided)	2 T. lemon juice
1/4 t. salt	3 c. (24 oz.) creamed cottage cheese
1 can (20 ounces) crushed pineapple	1 c. heavy cream, whipped
2 eggs, separated	

Mix gelatin, 1/2 c. of the sugar and salt in top of double boiler. Drain pineapple well; measure 3/4 c. of pineapple syrup (use remaining syrup for fruit drinks etc.). Beat together egg yolks and pineapple syrup; add to gelatin mixture. Cook over boiling water, stirring until gelatin dissolves and mixture thickens slightly, about 5 minutes. Remove from heat; add lemon rind, lemon juice and drained crushed pineapple. Sieve cottage cheese into large mixing bowl; or beat with electric mixer until smooth. Stir in cooled gelatin mixture. Chill, stirring occasionally, until mixture mounds slightly when dropped from a spoon. While gelatin is chilling prepare crumb mixture and set aside. Beat egg whites until stiff, but not dry. Gradually add remaining 1/4 c. sugar and beat until very stiff. Fold into gelatin-cheese mixture. Fold in whipped cream. Turn into prepared pan; sprinkle with remaining crumbs. Chill until firm.

Crumb Mixture:

2 T. melted butter	2/3 c. graham cracker crumbs
1 T. sugar	1/4 t. cinnamon
1/4 t. nutmeg	

Mix together all ingredients. Sprinkle half of crumbs on bottom of an 8" spring form pan. Turn cheese cake mixture into pan; sprinkle with remaining crumbs. If desired, an 8 or 9 inch loaf pan may be used; line with waxed paper. Serves 10 to 12.

Note: For family size 5 to 6 servings, use 1/2 gelatin recipe but full amount of crumb mixture in an 8" round pan or 9" pie plate.

October 19, 1956

BROILED FISH

1 (3 to 4 pound) fish or 6 small fish or 2 pounds fish fillets	1 t. salt
	1 t. paprika
	1/4 c. melted butter or salad oil

Have whole fish split and cleaned. Wash thoroughly and wipe with cloth. Mix salt and paprika with melted butter or salad oil and brush over fish. Place fish skin side down on well greased broiler rack. Broil 2" from heat about 10 to 15 minutes until brown and fish flakes when tried with a fork. Serve on hot platter with lemon butter. Serve with hash-brown potatoes and buttered peas or Harvard beets.

HASHED BROWNED POTATOES

1/2 c. bacon fat or half shortening and butter	4 c. finely chopped boiled potatoes
	Salt and pepper

Heat fat in heavy frying pan. Add potatoes and about 1/4 t. pepper. If using bacon fat add salt only if necessary, if using shortening and butter add salt as desired. Press potatoes firmly with wooden spoon to form a flat cake and continue cooking over low heat until brown underneath and loose from the pan. Shake pan occasionally to prevent sticking. Fold with a pancake turner and turn out on hot platter. 6 servings.

CHOCOLATE CHEWS

"Lunchbox Favorites"

1/2 c. shortening	2 t. baking powder
1 2/3 c. sugar	1/2 t. salt
2 t. vanilla	1/3 c. milk
2 eggs	1/2 c. chopped nuts (black walnuts delicious)
2 squares (2 oz.) unsweetened chocolate, melted	1/2 c. sifted confectioners sugar
2 c. flour	

Cream shortening and sugar. Add vanilla. Beat in eggs and chocolate. Sift together flour, baking powder and salt. Add alternately with milk. Stir in nuts. Chill 1 to 2 hours. Form into balls about 1" in diameter. Roll in confectioners sugar. Place on lightly greased baking sheet 2 to 3 inches apart. Bake at 350 degrees about 20 minutes. Makes 3 dozen.

Note: These cookies have an interesting crackled appearance on top, are crisp outside and crunchy inside, children love them.

TRUDY MC NALL'S

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RADIO CITY, ROCHESTER 3, N. Y.

October 22, 1956

BAKED LAMB AND RICE

1 pound ground lamb	1 t. paprika
1 c. rice	1/2 c. stuffed olives, sliced
1 small onion, chopped	2 c. tomato juice
2 T. shortening	1 1/2 c. boiling water
1 t. salt	1/2 c. grated cheese
1/2 t. pepper	

Cook ground lamb, rice and chopped onion in shortening until lightly browned. Season. Add sliced olives, tomato juice and boiling water. Place in 1 1/2 quart casserole, cover and bake in slow oven 300 degrees for 1 hour. Uncover, sprinkle with cheese and continue baking about 10 minutes or until cheese is melted. 6 servings.

INDIAN PUDDING
"The Oldest of New England Desserts"

3 T. yellow corn meal	1 T. butter
1/3 c. dark molasses	1/4 t. salt
3 c. milk, scalded	1/2 t. ginger
1/2 c. sugar	1/2 t. cinnamon
1 egg, beaten	1 c. cold milk

Stir corn meal and molasses into scalded milk and cook over low heat until it thickens, stirring constantly. Remove from heat, add sugar, egg, butter, salt and spices. Pour into buttered baking dish and bake at 300 degrees for 30 minutes. Add cold milk. DO NOT STIR. Continue baking at 300 degrees for 2 hours.

Note: Bake pudding and casserole at same time, but be sure to allow 2 1/2 hours for the Indian Pudding. The usual accompaniment for "Injun Pudding" is plain cream. In Sturbridge, Mass. at the Publick House (where my husband and I spent a night of our vacation) they flavor their Indian puddings with a bit of grated orange rind and place individual servings under the broiler until bubbly and crusty and top with vanilla ice cream. . . .For the rest of the menu, serve buttered broccoli and a quick salad such as lettuce with thousand island dressing.

"A Party Idea" CHEESE BALL

6 ounces blue cheese	1 t. Worcestershire sauce
2--5 oz. jars processed cheddar cheese spread	1/2 t. Accent
4--3 oz. packages cream cheese	1 c. ground pecans
2 T. grated onion	1/2 c. finely chopped parsley

Have cheese at room temperature. Mix cheeses, onion, Worcestershire sauce and Accent together until thoroughly blended. Add 1/2 c. pecans and 1/4 c. parsley. Shape mixture into a ball. Place in bowl lined with waxed paper. Chill overnight. About 1 hour before serving roll ball in mixture of remaining pecans and parsley. Place on platter and surround with crisp crackers. Serve as an hors d'oeuvre or salad accompaniment. This can be remolded, after ball gets lopsided, into a bar, refrigerated and used again and again.

October 23, 1956

OVEN MEAL

Breaded Pork Chops
Oven Creamed Potatoes Baked Squash
Pineapple Upside Down Cake

BREADED PORK CHOPS

4 pork chops	Fine dry bread crumbs
1 egg, slightly beaten	3 T. melted shortening
1 T. water	1/2 t. salt
Dash pepper	

Wipe meat with a paper towel. Combine egg and water, add salt and pepper. Dip meat in egg, then in crumbs. Arrange in well buttered shallow pan. Drip melted shortening over chops. Bake in moderate oven 350 degrees about 1 1/4 hours or until chops are fork tender.

BAKED ACORN SQUASH

Wash squash well. Bake without cutting (as for baked potatoes) at 350 degrees for about 1 hour. When tender cut in two, remove seeds and fibrous portion, dot with butter, salt and pepper and a dash of brown sugar. Return to oven for a few minutes to keep warm.

PINEAPPLE UPSIDE DOWN CAKE

1 1/2 c. cake flour	1 egg
2 1/2 t. baking powder	3/4 t. vanilla
1/4 t. salt	1/2 c. milk
1/3 c. shortening	3 T. butter
2/3 c. sugar	3 T. brown sugar
Pineapple rings, spears or cubes	

Sift flour, baking powder and salt. Cream shortening and sugar. Add egg, stir in vanilla. Add dry ingredients alternately with milk. Melt butter in bottom of 8 inch square pan. Sprinkle with brown sugar and arrange pineapple in an attractive pattern; pour batter over fruit. Bake at 350 degrees for about 50 minutes or until done.

Note: For oven creamed potatoes see October 10 recipe sheet.

October 24, 1956

HUNGARIAN GOULASH WITH BREAD DUMPLINGS

1 pound boneless beef for stew	1 t. salt
2 medium onions, chopped	1 clove garlic, minced
2 T. shortening	2 c. water
2 t. paprika	6 medium potatoes, diced
	*Bread Dumplings

Cook onions in shortening about 5 minutes. Add meat, paprika, salt, garlic and water. Cover and cook slowly for 1 hour. Add diced potatoes. Cover and cook 30 minutes or until meat is tender and potatoes are done. Add bread dumplings. Cover and continue to cook for 12 to 15 minutes.

*BREAD DUMPLINGS

12 slices bread	2 T. shortening
1 c. milk	2 eggs, slightly beaten
1 medium onion, chopped	1/2 t. salt
3 T. chopped parsley	1/8 t. pepper

Dice bread into 1/2 inch pieces and soak in milk. Squeeze out any excess milk. Cook onion and chopped parsley in shortening about 5 minutes. Add bread and eggs. Season with salt and pepper. Shape into 12 balls using about 2 T. of the bread mixture for each. Steam over goulash.

PUMPKIN PIE

9" unbaked pastry shell	1/4 t. nutmeg
3/4 c. brown sugar	1 1/2 c. canned pumpkin
1/2 t. salt	1 c. evaporated milk
3/4 t. cinnamon	1/2 c. water
1/4 t. ginger	2 eggs
1/4 t. cloves	1 T. molasses

Combine sugar, salt and spices. Add remaining ingredients; mix smooth. Pour into pastry lined pan. Bake at 425 degrees for 35 to 40 minutes or until custard is set. AVOID OVERBAKING.

Note: To garnish a pumpkin pie for that special dinner, place it on a tray covered with geranium or other leaves. Surround with overlapping wedges of Western New York State Red unpeeled apples dipped in lemon juice and tiny cheese pumpkins. To make cheese pumpkins, tint cheese with orange food coloring, shape into balls and make ridges to resemble pumpkin; insert strips of angelica to represent stems.

October 25, 1956

CRISP AUTUMN SALAD

No. 2 can crisp cut crushed pineapple, drained; add water to syrup to make 2 c.	1/2 t. salt
	1 c. shredded raw carrot
	2 c. cottage cheese
	2 c. shredded raw cabbage
1 pkg. lemon flavored gelatin	

Dissolve gelatin in hot syrup to which you have added the water to make 2 c. liquid. Add salt. Chill just until cold. In an 8" square pan place the raw carrot in a single layer, layer on top of this the crushed pineapple, then the cabbage. Pour gelatin carefully over all so as to not disturb the layers. Chill until set. Makes 7 servings.

AUTUMN SNOW BALL

1 pkg. orange flavored gelatin	1/2 c. sweetened whipped cream
1 c. boiling water	3/4 c. tender-thin flaked coconut
8 to 12 ice cubes	

Dissolve gelatin in boiling water. Add ice cubes and stir constantly 2 to 3 minutes, or until gelatin starts to thicken. Remove unmelted ice. Pour into individual custard cups. Chill until firm. Unmold and frost with whipped cream. Sprinkle with coconut. Note: Allow about 1 hour and 45 minutes for chilling. When gelatin is unmolded it will be firm but still soft enough to give a mound effect.

October 26, 1956

FISH FILLETS THERMIDOR

1 1/2 pounds fish fillets
1 1/2 c. milk
1 t. salt
Dash pepper
1/4 pound process American cheddar cheese
3 T. butter
3 T. flour
3 T. lemon juice

If using frozen fish thaw before using. Roll up each fillet as for jelly roll. Place in shallow casserole 10" x 6" x 2". Pour milk over rolls, sprinkle with salt and pepper. Bake fish for 30 minutes at 350 degrees or until they flake easily with a fork. Meanwhile grate cheese. Melt butter in saucepan, add flour and blend well. Remove fish from oven and carefully pour off milk. Add milk to flour and butter and cook stirring constantly until thick and smooth. Add cheese and last lemon juice. Pour sauce over baked fish and sprinkle paprika over all. Place under broiler until bubbly and brown.

SUGAR HILL LEMON PIE
From: Gladys Craft, Webster, N.Y.

3 lemons
3 apples
1/8 t. salt
3 egg whites
3 egg yolks
1 1/3 c. sugar

Core, but do not peel 3 large juicy apples. Grate these peel and all. Mix with lemon juice and grated rind of one lemon. Beat egg yolks add sugar gradually, add salt. Add to fruit mixture. Beat egg whites until stiff and dry and fold into fruit mixture. Pour into pastry lined 9" pie plate and bake at 325 degrees for about 40 min.

Note: There is not starchy thickening of any kind in this pie, the pectin or jelly-making element thickens it to a jamlike texture.

October 29, 1956

HALLOWEEN SUGGESTIONS

GOBLIN FROSTIES

4 medium oranges
8 licorice candy drops
Whole cloves
1 quart ice cream or sherbet
4 maraschino cherries with stems

With sharp knife cut off thin slice of peel from one end of each orange to make it stand firmly. For "hat" cut off thick slice, about 1/4 to 1/3 way down from top. With spoon, scoop out pulp and white membrane from remainder of orange (save to use in fruit cups or salads). Use licorice drops for the eyes, whole cloves for nose and mouth. Fill orange shells with ice cream or sherbet, mounding it above rim. Place hats atop sherbet at jaunty angle. With toothpick stick maraschino cherry, stem up, in hat and anchor other end of toothpick in sherbet. Place in freezing compartment of refrigerator or in freezer until serving time. If you use medium oranges 1 quart of ice cream should fill 4 oranges.

POPCORN OWLS

7 c. popped corn
1 c. minus 2 T. light molasses
1 c. sugar
1/3 c. water
1 t. vinegar
1/4 t. soda
Candy orange slices
Fruit flavored hard candy circles
Candy corn

Keep popcorn hot and crisp in slow oven (300 to 325 degrees). Combine molasses, sugar, water and vinegar; cook to hard ball stage (250°). Remove from heat; add soda by sifting through a sieve. Stir just enough to mix thoroughly. Pour hot syrup over popped corn, mixing well. Form into balls using fat on hands if necessary. FOR OWL FACES: Cut candy orange slices in half lengthwise; split each half crosswise and press on balls for horns. Make eyes of fruit flavored hard candy circles. Stick pieces of candy corn in each ball for beak. Cut tops off paper cups, wrap in aluminum foil and use as stands for owls. 4 owls.

FUNNY FACE LOLLYPOPS

3 c. sugar
3/4 c. light corn syrup
3 T. vinegar
1/3 c. boiling water
1/4 c. butter
Dash salt
Wooden skewers
Fruit flavored hard candy circles or Life Savers

Combine sugar, corn syrup, vinegar and water, stir until sugar dissolves. Cook to hard crack stage (300°F.). Remove from heat; add butter and salt. Cool until mixture thickens slightly. Quickly drop from tablespoon over skewers placed 5" apart on greased cooky sheet or marble to form 3" circles. Make faces with the candy circles. Makes about 16. Stick lollypops in apples to serve.

Note: For perfect round suckers use forms made thus. Cut cardboard strips 3 1/2 inches long and 1/2 inch wide; cover with aluminum foil. Clip ends together to make a 3" circle. Make hole in form for skewer and place on greased cooky sheet or marble. Pour candy into forms, filling not quite full. (Bottom edge of form must touch sheet all the way around.)

October 30, 1956

BRAISED LIVER AND ONIONS

1 pound sliced beef liver
1/4 c. flour
1 t. salt
1/8 t. pepper
3 T. shortening
1 can condensed onion soup
1 medium onion, sliced

Trim membrane from liver. Dredge in seasoned flour. Brown slowly in shortening. Pour off drippings. Add onion soup and onion slices. Cover and simmer until tender, about 30 minutes. 4 to 5 servings.

SNOW PUDDING WITH CUSTARD SAUCE

1 T. unflavored gelatin
1/4 c. cold water
1 c. boiling water
3/4 c. sugar
1/4 c. lemon juice
1 T. grated lemon rind
2 egg whites, stiffly beaten

Soften gelatin in cold water. Add boiling water, sugar, lemon juice and rind. Strain and cool. Stir occasionally. When it begins to set beat with rotary beater until frothy. Beat in stiffly beaten egg whites. Pile into oiled custard cups (to unmold before serving) or pile into sherbet glasses (used for serving). Serve with crushed fruit or custard sauce.

CUSTARD SAUCE

4 egg yolks (or 2 whole eggs)
1/4 c. sugar
1/4 t. salt
1 t. vanilla
1 1/2 c. milk

Beat eggs well, add remaining ingredients. Cook over simmering water, stirring constantly until custard coats a silver spoon. If custard should start to curdle remove from heat and beat with rotary beater until smooth. Cool.

October 31, 1956

HOW TO SEASON A PLANK

Place plank in a shallow pan. Cover with hot water and let stand a few minutes. Remove from water and dry. Brush plank well with salad oil.

1 1/2 to 2" steak
2 tomatoes
Mashed potatoes (4 potatoes)
1 egg white
1 t. paprika
Melted butter
Mushroom caps
Hot buttered peas
Parsley

Broil steak 8 to 10 minutes on each side (depending upon whether you like it well done, medium or rare). Place on the oiled plank. Cut tomatoes in half, brush with butter, salt and pepper. Make a border of mashed potatoes around plank, close to the edge so plank won't scorch. Brush potatoes with a mixture of beaten egg white and paprika. Pour melted butter over mushroom caps and arrange with tomatoes on plank. I like to separate the tomatoes and mushroom caps with a rosette of mashed potatoes. Leave a space on board for peas which are added later. Bake steak in hot oven 450 degrees until potatoes are delicately browned, about 12 minutes. Add hot buttered peas and a garnish of parsley. Serves 4.

CHOCOLATE DELIGHT COOKIES (No Baking)

2 c. sugar
1/2 c. milk
1/2 c. butter
3 c. quick cook rolled oats
6 T. cocoa
1 c. coconut
1 t. vanilla
1/8 t. salt
1/2 c. chopped nuts

Bring sugar, milk and butter to a rolling boil, stirring until sugar is dissolved. Add remaining ingredients. Drop by spoonfuls on cookie sheet covered with wax paper. Press flat and set aside to cool.

November 1, 1956

BAKED CHICKEN PARMESAN

1/2 c. grated Parmesan cheese
4 chicken breasts, split in half
Shortening for browning
1 clove garlic, minced
3 T. flour
1 3/4 c. chicken broth or bouillon
1/2 c. sherry
1--4 oz. can mushrooms
1 t. salt
1/8 t. pepper
1/2 pound package spaghetti, cooked
2 T. finely chopped parsley

Rub cheese into chicken. Heat about 1/2 inch of shortening in heavy skillet. Brown chicken evenly. When lightly browned remove from fat, pour off all but about 3 T. of the shortening. Add garlic and flour, cook until frothy stirring constantly. Add chicken broth, sherry, mushrooms, salt and pepper. Cook stirring constantly until mixture thickens. Place chicken in sauce; cover skillet and bake at 350 degrees for about 40 minutes or until chicken is tender. To serve make a bed of cooked spaghetti and serve chicken over it. Sprinkle finished dish with parsley. Serves 4 to 6.

November 2, 1956

TUNA CASSEROLE

1 can Chinese noodles
1 can condensed cream of mushroom soup, undiluted
1/4 c. water
1 can tuna fish
1/4 pound cashew nuts, salted or unsalted
1 c. finely diced celery
1/4 c. minced onion
1/4 t. salt
Dash pepper

Reserve 3/4 c. of the noodles for top of casserole. Butter 1 1/2 quart casserole. Combine rest of noodles and remaining ingredients. Sprinkle reserved noodles over top. Bake at 325 degrees for 40 minutes.

Tip: This is a pretty luncheon dish baked in individual casseroles or scallop dishes. Baking time 25 minutes.

DELICIOUS ORANGE CAKE

1 c. sugar
1/2 c. shortening
2 eggs
2/3 c. sour milk or buttermilk
2 c. flour
1 t. soda
Pinch salt
2 T. grated orange rind
Juice and grated rind 1 orange
1/2 c. sugar

Cream the 1 c. sugar and shortening. Add eggs and mix well. Add sour milk or buttermilk. Sift flour, soda and salt. Add to first mixture. Add the 2 T. orange rind. Turn into a greased 9" tube pan and bake at 375 degrees for about 40 minutes or until done. After cake is done, leave in pan and while still hot pour over it slowly a mixture of the juice and grated rind of 1 orange and the 1/2 c. of sugar and allow to soak in.

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Coconut Crisps . . . . . May 16
Daisy Peanut Butter Cookies . . . . . June 6
Date Cakes . . . . . Jan. 28
Date Filled Cookies . . . . . Feb. 28
Date Nut Drops . . . . . Mar. 28
Fattigmond Bakkelese . . . . . Feb. 25
Fudge Squares . . . . . Jan. 7
Ginger Snaps . . . . . Apr. 4
Glazed Apple Bars . . . . . Apr. 30
Go to School Cookies . . . . . Feb. 21
Hermits (Frosting) . . . . . Jan. 24
Layer Cookies . . . . . Mar. 20
Lemon Drops . . . . . June 11
Molasses Orange Squares . . . . . Apr. 8
Oatmeal Brownies . . . . . May 9
Old Fashioned Molasses Cookies . . . . . May 23
Peanut Cookies . . . . . Apr. 25
Peanut Butter Cookies . . . . . Jan. 17
Petit Fours . . . . . June 19
Ranger Cookie . . . . . Jan. 31
Rolled Sugar Cookie . . . . . Mar. 14
Small Cakes w/rainbow coconut
frosting . . . . . June 11
Swedish Macaroon Teacakes . . . . . Jan. 29
Soft Molasses Cookie . . . . . Jan. 3
$3000 Starlite Sugar Crisps . . . . . Feb. 19
Trudy's Toffee Treats . . . . . Mar. 7
V.B. Applesauce Cookies . . . . . Feb. 7

DESSERTS

Almond Serpentines . . . . . May 30
Apple Puff Pudding . . . . . Apr. 12
Baked Cup Custard . . . . . Feb. 1
Baked Chocolate Float . . . . . Apr. 24
Baked Strawberry Alaska . . . . . June 7
Cannoli Pastries . . . . . Apr. 22
Cherry Rose Petal Tarts . . . . . Feb. 20
Chocolate Custard Pudding . . . . . May 29
Cream Puffs . . . . . Feb. 12
Elegant Cheese Cake . . . . . Mar. 8
Frozen Pineapple Crunch . . . . . Jan. 31
Fruit Cocktail Pudding . . . . . May 6
Hawaiian Pineapple Fluff . . . . . Apr. 3
Jelly Roll . . . . . Jan. 2
Lemon Pudding Cake . . . . . Mar. 27
Lemon Spongettes . . . . . Jan. 14
Lime or Lemon Snow w/custard
sauce . . . . . May 22
Luscious Lemon Sherbet . . . . . Apr. 25
Mocha Fudge Pudding . . . . . May 4
New England Supper Pudding . . . . . June 12
No Bake Cheese Cake . . . . . Mar. 25
Old Fashioned Strawberry Shortcake . . May 20
Orange Charlotte . . . . . June 12
Peach Melba . . . . . May 28
Petit Strawberry Meringues . . . . . June 20
Pineapple Cake Roll . . . . . May 27
Rhubarb Betty . . . . . May 17

DESSERTS, Cont.

Spanish Cream . . . . . June 5
Sponge Cake Roll
(Chocolate Filling) . . . . . May 31
Tru Mix Blueberry or
Cherry Cobbler . . . . . Feb. 15

FISH

Baked Crabmeat & Shrimp . . . . . Apr. 19
Baked Salmon with Mushrooms . . . . . Apr. 17
Barbecued Fish . . . . . Mar. 15
Broiled Halibut Steaks with
souffle topping . . . . . May 10
Broiled Lobster Tails . . . . . Mar. 1
Country Codfish Cakes . . . . . Feb. 15
Deviled Eggs with Shrimp on Rice . . . . Mar. 26
Epicure Salmon Loaf . . . . . Mar. 8
Halibut with Shrimp Sauce . . . . . Apr. 12
Halibut in Sour Cream Sauce . . . . . Apr. 26
Imperial Lobster . . . . . Feb. 22
Lobster Pie . . . . . May 24
Molded Crab Louis . . . . . Apr. 26
Rice and Oyster Casserole . . . . . May 3
Salmon in foil . . . . . June 21
Savory Salmon Casserole . . . . . Mar. 6
Scallops and Rice Au Gratin . . . . . Apr. 8
Shrimp Creole (Rice Ring) . . . . . Feb. 6
Stuffed Halibut Steaks . . . . . Mar. 27
Super Scalloped Oysters . . . . . Feb. 1
Tuna A La King . . . . . Apr. 8
Tuna-Noodle Casserole . . . . . Jan. 4

FROSTINGS AND FILLINGS

Banana Icing . . . . . Apr. 23
Caramel Frosting . . . . . Mar. 11
Chocolate Filling . . . . . May 31
Coconut Frosting . . . . . Jan. 25
Coffee Cream Cheese Frosting . . . . . June 21
Comfort Frosting . . . . . Feb. 4
Deluxe Chocolate Frosting . . . . . May 2
Date Filling . . . . . Feb. 28
Frosting for Hermits . . . . . Jan. 24
Lemon Filling . . . . . Jan. 25
Nosegays for Decorating Cake . . . . . Feb. 13
Pineapple Cream Filling . . . . . Feb. 13
Spiced Whipped Cream . . . . . Jan. 30
Strawberry Marshmallow Filling . . . . . May 15

FRUITS

Zig-Zag Pineapple . . . . . May 8

JAMS AND JELLY

Best Strawberry Jam . . . . . June 14

MEAT

Baked Barbecued Hamburgers . . . . . Apr. 24
(Hot Barbecue Sauce)
Baked Franks with Hot Potato Salad . . . June 4
Baked Pork Chops with Rice . . . . . May 27
Baked Pork Chops with Stuffing . . . . . Mar. 4
Baked Stuffed Heart . . . . . Feb. 13
Barbecued Hamburger Patties . . . . . Apr. 3
Beef Brisket (Onion Sauce) . . . . . Mar. 11
Beef and Liver Sausage Birds . . . . . June 12
Beef Stroganoff . . . . . June 7
Broiled Ham Slice . . . . . June 18
Brunswick Stew . . . . . Jan. 29
Chinese Pork Steak (Mustard Sauce) . . . Jan. 30
City Chicken Legs (Cream Gravy) . . . . . Jan. 7
Cornish Pasties . . . . . Feb. 26
Criss Cross Veal Patties . . . . . June 24
Glazed Baked Ham . . . . . May 3
Ham & Pineapple Broiler Dinner . . . . . Apr. 9
(Pineapple-Raisin Sauce)

MEAT, Cont.

Hamburgers with Barbecued
Lemon Sauce . . . . . May 7
Italian Meat Balls on Spaghetti . . . . . Mar. 12
Lamb Shanks Stuffed with Rice . . . . . Mar. 5
Liver Croquettes (Tomato Sauce) . . . . Jan. 28
Mixed Grill for 4 . . . . . May 20
Mizza Pie . . . . . June 10
Mushroom Stuffed Meat Loaf . . . . . Jan. 14
Oriental Lamb Stew . . . . . Apr. 1
Pan Fried Liver . . . . . Apr. 23
Peach Upside Down Ham Loaf . . . . . June 28
Pork Chop Loaf . . . . . Apr. 30
Rolled Flank Steak . . . . . May 29
Rolled Rib Roast . . . . . Jan. 25
Round Steak Dinner . . . . . Feb. 4
Sauerbraten . . . . . Jan. 16
(Ginger Snap Gravy)
Savory Meat Loaf . . . . . Mar. 29
Savory Meat Loaf . . . . . May 2
Skillet Shoulder Chops Hawaiian . . . . . Mar. 25
Slices of Beef Tenderloin, President . . Mar. 22
Sloppy Joe's (Barbecued
Ground Beef) . . . . . Feb. 20
Spanish Pork Chops . . . . . May 6
Spareribs w/apple-raisin stuffing . . . . Mar. 18
Stuffed Pork Chops . . . . . Jan. 9
Swiss Steak Royale . . . . . May 13
Veal and Ham Rolls . . . . . Feb. 18
Veal Chops w/tomato Olive Sauce . . . . Jan. 15

MEAT SUBSTITUTES

Cheese Fondue . . . . . May 8
Monte Cristo French Fried Toast . . . . Feb. 25
Mushroom Lasagna . . . . . Apr. 5
Rice Ring . . . . . Feb. 6
Scrambled Eggs . . . . . June 25
Spaghetti Dinner . . . . . May 17
Welsh Rabbit . . . . . Jan. 11

MISCELLANEOUS

A Sweet Corsage Place Card . . . . . June 19
Nosegays for Decorating Cake . . . . . Feb. 13

PIE

Angel Pie . . . . . Apr. 2
Apple Crumb Pie . . . . . Jan. 8
Banana Cream Pie . . . . . Jan. 11
Black Bottom Almond Pie . . . . . June 24
Butterscotch Pie . . . . . Feb. 8
Coconut Cream Pie . . . . . Mar. 18
Coconut Custard Pie . . . . . May 13
Danish Pastry Mix . . . . . June 28
Date Macaroon Pie . . . . . Mar. 28
Deep Dish Apple Pie . . . . . Jan. 16
Fresh Strawberry Pie . . . . . May 10
How to Make Pastry . . . . . June 28
Lemon Chiffon Pie . . . . . May 21
Lemon Meringue Pie . . . . . Apr. 5
Macaroon Pie . . . . . Jan. 18
Mock Apple Pie . . . . . Mar. 6
Pineapple Meringue Pie . . . . . Mar. 20
Pineapple Cheese Pie . . . . . Mar. 15
(Graham Cracker Crust)
Rhubarb Pie . . . . . May 1
Strawberry Tarts . . . . . Apr. 9
Sunday Strawberry Pie . . . . . June 28
Swedish Tea Pastry . . . . . June 17
Washington Pie . . . . . Feb. 22

POULTRY

Baked Broiler Halves w/stuffing . . . . . May 28
Chicken and Biscuits in Casserole . . . . Apr. 22
Chicken Legs Piquant . . . . . Apr. 16
Chicken Pie Supreme . . . . . Apr. 29
Chicken Puff . . . . . Jan. 18

POULTRY, Cont.

Chicken Smothered in Onion Rings . . . . June 26
Chicken Tetrazzini . . . . . Mar. 13
Delicious Oven Baked Chicken . . . . . Jan. 8
Individual Chicken Pies . . . . . May 15
Oven Fried Chicken . . . . . Mar. 20
Patio Chicken . . . . . May 14
Roast Symonds Farms Chicken . . . . . Feb. 7
(Giblet Gravy)
Southern Fried Chicken . . . . . June 14

SALADS

Asheville Shrimp Salad . . . . . May 31
A Salad for Valentine's Day . . . . . Feb. 12
(Frosted Grapes)
Caesar Salad . . . . . Mar. 1
Chicken Perfection Aspic . . . . . May 21
Country Cole Slaw . . . . . May 13
Creamy Cole Slaw . . . . . Mar. 8
Jellied Waldorf . . . . . Jan. 28
Old Fashioned Cole Slaw . . . . . Mar. 27
Paradise Salad . . . . . Apr. 2
Super Salad Bowl . . . . . June 3

SALAD DRESSINGS

A Roquefort Cheese Salad Dressing . . . . May 7
Blue Cheese French Dressing . . . . . June 3

SANDWICHES

Party Sandwiches . . . . . June 17

SAUCES

Meat

Apple-Raisin Stuffing . . . . . Mar. 18
Barbecued Lemon Sauce . . . . . May 7
Chicken Gravy . . . . . Apr. 22
Cream Gravy . . . . . May 28
Giblet Gravy . . . . . Feb. 8
Ginger Snap Gravy . . . . . Jan. 16
Hot Barbecue Sauce . . . . . Apr. 24
Mustard Sauce . . . . . Jan. 30
Onion Sauce . . . . . Mar. 11
Pineapple-Raisin Sauce . . . . . Apr. 5
Sauce Parisienne . . . . . Apr. 2
Tomato Sauce . . . . . Jan. 28

Dessert

Butterscotch Sauce . . . . . Feb. 12
Custard Sauce . . . . . May 22
Frosted Grapes . . . . . Feb. 12
Marshmallow Sauce . . . . . Mar. 19
Pineapple Melba . . . . . Feb. 14
Pineapple Sauce . . . . . May 27

SOUP

Beef Vegetable . . . . . Feb. 1
Cream of Asparagus . . . . . Apr. 1
Creamy Corn Chowder . . . . . Feb. 11

STUFFINGS

Bread Stuffing . . . . . Feb. 13
Stuffing for Halibut Steaks . . . . . Mar. 27

VEGETABLES

Broccoli w/Hot Sauce . . . . . Apr. 22
Buttered Peas . . . . . Mar. 28
Dearie Baked Beans . . . . . June 5
Green Beans Amandine . . . . . June 7
Scalloped Corn . . . . . May 4
Sweet-Sour Beets . . . . . Mar. 27
Stuffed Mushrooms . . . . . Apr. 1

TRUDY MC NALL'S

WROC - Television
Channel 5
Daily, Monday - Friday
9:00 to 9:30 A.M.

RADIO CITY, ROCHESTER 3, N. Y.

January 14, 1957

MUSHROOM STUFFED MEAT LOAF

1/4 c. butter
1 pound mushrooms, sliced (save 7 whole)
1 minced onion
4 c. soft bread crumbs
1 t. salt
1/8 t. pepper
1/4 t. thyme
1/4 c. minced parsley
2 eggs
3 pounds ground beef
1 T. salt
1/8 t. pepper
1/4 c. milk
1/3 c. ketchup
1 1/2 t. dry mustard
Currant jelly

Saute in butter all but 7 small mushrooms (used for garnish later). Add onion. Add bread crumbs, salt, pepper, thyme and parsley. Beat eggs, mix with ground beef, 1 T. salt, pepper, milk, ketchup and dry mustard. Pack half of meat mixture into 10" x 5" x 2" loaf pan. Pack stuffing on top, then rest of meat mixture. Press 7 mushrooms on top. Bake at 400 degrees for 1 hour and 15 minutes. [illegible] top with heated currant jelly for an attractive glaze. 8 servings.

LEMON SPONGETTES

2 egg yolks, well beaten
2/3 c. sugar
1/4 t. salt
2 T. butter, melted
1/2 t. grated lemon rind
3 T. lemon juice
3 T. flour
3/4 c. chopped nuts
1 c. milk
2 egg whites, stiffly beaten

Combine well beaten egg yolks, sugar, salt, butter, lemon rind and juice, stir until sugar is dissolved. Stir in flour mixed with nuts. Add milk and fold in stiffly beaten egg whites. Pour into buttered custard cups, place cups in pan of hot water and bake at 375 to 400 degrees about 30 minutes. Cool quickly by placing cups in cold water. 6 servings. Note: Spongettes may be baked with meat loaf.

Menu Suggestion: Meat Loaf, Oven Creamed Potatoes, Baked Frozen Vegetable, Lemon Spongettes.

January 15, 1957

VEAL CHOPS WITH TOMATO OLIVE SAUCE

6 veal rib chops
2 T. butter
1 can tomato sauce
2 T. cooking Sherry
1/2 c. sliced stuffed olives

Brown chops on both sides in butter. Mix tomato sauce, cooking sherry and about 1/3 c. of the olives. Turn tomato sauce mixture into baking dish (about 8 x 12). Arrange chops on top of sauce. Bake uncovered at 375 degrees about 45 minutes or until chops are tender. Baste every 15 minutes. Sprinkle with reserved olives and serve at once. 4 to 6 servings.

TIP: Veal chops team well with fried apple rings. Put a dab of currant jelly in center of each apple ring before serving for pretty color.

BLACK WALNUT CAKE

1/2 c. butter
1 1/2 c. sugar
2 c. flour
4 t. baking powder
1/2 t. salt
1 c. milk
1 c. finely ground black walnuts
1 t. vanilla
4 egg whites
1/4 t. cream of tartar

Cream butter, add sugar and cream until light and fluffy. Sift flour, baking powder and salt, add to butter-sugar mixture alternately with milk, mixing well after each addition. Add ground nuts and flavoring. Fold in egg whites which have been beaten with cream of tartar until stiff but not dry. Cover the bottom of 9" tube pan with waxed paper, grease sides. Bake at 325 degrees for 15 minutes then increase temperature to 350 degrees and bake about 35 minutes longer or until top springs back when lightly pressed with finger. Serves 12.

January 16, 1957

SAUERBRATEN

3 to 4 pounds beef heel of round
1 1/2 c. vinegar
1 1/2 c. water
2 bay leaves
12 whole cloves
1/4 t. pepper
1/4 t. mace
1 1/2 t. salt
1 T. sugar
2 large onions, sliced
1/2 c. salad oil
1/2 c. flour
3 T. shortening
*Gingersnap Gravy

Heat vinegar, water, spices, salt and sugar to boiling point. Pour over sliced onions and allow to stand until cool. Stir in oil. Pour marinade over pot roast and allow to stand in refrigerator 2 to 4 days, turning meat once a day so it will marinate evenly. Remove meat from marinade and drain. Dredge with flour and brown on all sides in shortening. Place rack under meat and add 1 c. of strained marinade. Save remaining marinade. Cover meat closely and simmer 3 to 4 hours or until meat is tender. Remove to hot platter and make gravy.

GINGERSNAP GRAVY

2 c. marinade and drippings
3 T. flour
Salt and pepper
1/2 c. crumbled gingersnaps

Add enough strained marinade to liquid in pot roast kettle to make 2 cups. Make a smooth paste with flour and 3 T. cold marinade. Add flour-marinade mixture to liquid in pot-roast kettle. Bring to boiling point, stirring constantly. Cook until thickened. Season. Add gingersnap crumbs just before serving.

DEEP DISH APPLE PIE

Pastry for one crust pie
1 to 1 1/2 c. sugar
1 t. cinnamon
8 to 10 c. apples sliced
2 T. butter

Mix together sugar and cinnamon. Arrange sliced apples in 9" square pan. Sprinkle with sugar and cinnamon mixture, dot with butter. Arrange crust on filling, fold edge under and flute just inside edge of pan. Bake at 425 degrees about 50 minutes until lightly browned. (Test to be sure apples are cooked through.) Serve warm or cold with or without cream or ice cream.

YANKEE APPLE BREAD

2 c. flour
2 1/2 t. baking powder
1 t. salt
1 t. cinnamon
1/4 t. nutmeg
1/8 t. allspice
2/3 c. brown sugar
1 c. grape-nuts flakes
1 c. finely chopped, peeled apples
1/4 c. chopped walnuts
2 eggs, well beaten
2/3 c. milk
2 T. molasses
1/4 c. melted shortening

Sift flour, baking powder, salt and spices. Add brown sugar, cereal, chopped apples and nuts. Combine egg, milk, molasses and shortening. Add to flour mixture and blend only enough to dampen all flour. Pour into well greased 9x5x3 inch loaf pan. Bake at 350 degrees for 60 to 65 minutes. Cool about 15 minutes. Turn out on rack. When bread is cool, wrap in waxed paper or aluminum foil. For best slicing, store overnight.

January 17, 1957

PEANUT BUTTER COOKIES

1/2 c. shortening (part butter)
1/2 c. peanut butter
1/2 c. white sugar
1/2 c. brown sugar
1 egg
1 1/4 c. flour
1/2 t. baking powder
3/4 t. soda
1/4 t. salt

Cream shortening and peanut butter. Add sugars and mix well. Add egg. Sift dry ingredients and add. Chill dough. Roll into balls the size of a walnut. Place 3" apart on lightly greased baking sheet. Flatten with fork dipped in flour. Bake at 375 degrees for 10 to 12 minutes. Makes 3 dozen.

BUTTERSCOTCH REFRIGERATOR COOKIES

2 c. flour
2 t. baking powder
1/8 t. salt
1/2 c. shortening
1 1/4 c. brown sugar
1 egg
1/2 c. chopped nuts
1 1/2 t. vanilla

Mix and sift flour, baking powder and salt. Cream shortening, add sugar and blend well. Add egg, nut meats and vanilla. Add sifted dry ingredients. Shape into rolls 1 1/2 inches in diameter. Wrap in waxed paper and chill in refrigerator. When hard enough to cut, slice very thin. Bake on ungreased baking sheet at 425 degrees for 10 minutes. Yield: 4 dozen.

January 18, 1957

CHICKEN PUFF

1/3 c. flour	1 t. baking powder
2 t. salt	1 t. salt
1 1/2 t. sage	1/3 c. Instant Nonfat Dry Milk
1/4 t. pepper	3 eggs, beaten
2 pound frying chicken	1 1/2 c. water
1 c. flour	1/4 c. melted butter

Mix 1/3 c. flour, 2 t. salt, sage and pepper in a heavy paper bag. Coat chicken with flour mixture in bag, 2 or 3 pieces at a time. Brown on all sides in heavy skillet using about 1/4 inch fat. Use medium heat. Place chicken pieces skin side up in a well greased 11 x 7 x 2" baking dish. For batter: Sift flour, baking powder, salt and nonfat dry milk together in a 2 quart bowl. Combine in smaller bowl eggs, water and melted butter. Add to dry ingredients; beat with fork until smooth. Pour batter over chicken. Bake at 400 degrees for 40 to 45 minutes or until top is nicely browned. Serve immediately. 4 servings.

MACAROON PIE (A Request)

14 saltine crackers, rolled fine (count each square as 1)	1 c. sugar
	3 egg whites
	1/4 t. salt
12 dates, cut fine	1 t. almond extract
1/2 c. finely chopped pecans	

Combine crackers, dates, pecans and sugar. Beat egg whites until stiff, adding salt and almond extract. Fold into first mixture. Bake in well buttered pie pan for 45 minutes at 300 degrees. Serve with whipped cream or ice cream.

January 21, 1957

SAUSAGE BEAN BAKE

1/4 c. molasses	1/4 t. Tabasco
3 T. prepared mustard	2 cans (1 pound each) baked beans
2 T. lemon juice	
1 t. Worcestershire sauce	1 can apple slices
	1 lb. pork link sausages

Combine molasses and mustard; stir in vinegar, Worcestershire sauce and Tabasco. Turn baked beans and apple slices into casserole or saucepan; stir in molasses mixture. Bake at 425 degrees 30 minutes or simmer on top of range 15 to 20 minutes. While beans are cooking, place sausage links in cold skillet. Cook over low heat, 12 to 15 minutes, turning often until browned. Pour off fat as it accumulates. To serve, place on top of beans.

ORANGE ANGEL LOAF CAKE

Make batter as directed on packaged Angel Cake Mix. Pour into 2 shiny ungreased loaf pans 9 x 5 x 2 1/2". Bake at 375 degrees 25 to 30 minutes, (350 for glass). Invert to cool, resting corners on other pans. When cool, loosen from sides of pan with knife, invert pan and hit sharply on table to remove cake. Split loaf lengthwise into 3 layers. Spread orange filling or packaged lemon filling between layers. Cover top and sides with whipped cream. For topping whip 1 c. cream and 1/4 c. confectioners sugar. Garnish with chocolate shavings. Chill 1 to 2 hours. Serves 6 to 8. Freeze other angel loaf.

Orange Filling:

1 c. sugar	1 T. orange rind
1/2 t. salt	1 1/2 T. lemon juice
1/4 c. cornstarch	2 T. butter
1 c. orange juice (including pulp)	

Mix sugar, salt, cornstarch in saucepan. Stir in orange juice. Cook over medium heat, stirring constantly. Boil 1 minute. Blend in rind, lemon juice and butter. Note: You may use frozen orange juice and omit orange rind.

January 22, 1957

2 Repeat Quick Bread Recipes by Request

AUNT JULIA'S NUT BREAD

1 1/2 c. boiling water	1 egg, beaten
1 1/2 c. dates, put through grinder	2 3/4 flour
	2 t. soda
3/4 c. sugar	1/8 t. salt
1 T. butter	1 t. vanilla
1 c. chopped nuts	

Pour water on dates. Mix sugar and butter, add beaten egg. Strain liquid from dates into egg mixture. Add sifted dry ingredients and mix well. Add vanilla, dates and nuts. Pour into greased and floured loaf pan. Bake at 350 degrees for 1 hour.

BANANA NUT BREAD

1/3 c. shortening	1/4 t. soda
2/3 c. sugar	1/4 t. salt
2 eggs	1 c. mashed bananas
1 3/4 c. flour	1/2 c. walnuts, chopped
2 t. baking powder	1 t. vanilla

Cream shortening and sugar, add eggs, beat well, after each addition. Sift together dry ingredients; add alternately with bananas to sugar mixture, beat smooth. Stir in nuts and vanilla. Bake in greased and floured loaf pan at 325 degrees 60 to 70 minutes. Cool 10 minutes; remove and cool thoroughly.

LUNCHEON SPECIALTY

CHILI CON CARNE

1/4 c. butter	1 T. chili powder
1 onion, chopped	1 bay leaf
1 green pepper, finely chopped	4 whole cloves
	3 1/2 c. canned tomatoes
1 pound ground beef	1 pound kidney beans, cooked
1/2 t. salt	
1/2 t. paprika	

Saute onion and green pepper in butter for several minutes. Add beef and brown lightly. Add remaining ingredients and simmer until thickened (about 20 to 30 minutes). Serve over fluffy boiled rice.

January 23, 1957

PORK CHOP AND SCALLOPED POTATO CASSEROLE

6 c. pared sliced potatoes	1/3 c. diced green pepper or pimiento
1 1/2 t. salt	3 T. butter
1/8 t. pepper	3 c. milk
3 T. flour	6 pork chops (loin, rib, or shoulder)
1 onion, sliced	

Place half of the potatoes in a 2 1/2 or 3 quart casserole. Sprinkle with half the salt, pepper, flour, onion slices and pepper. Dot with half the butter. Repeat. Add sufficient milk so that it can be seen between the top slices. Sprinkle chops with salt and pepper; place on top of potatoes. Bake at 350 degrees 1 to 1 1/2 hours. 6 servings.

OLD FASHIONED MOLASSES CAKE

1 c. shortening	3 c. flour
1 c. brown sugar	1 t. ginger
1 c. molasses	1 t. cinnamon
3 eggs	1/2 t. salt
1 t. soda	1 c. boiling water

Cream shortening and sugar. Add molasses and eggs, beat well. Sift dry ingredients, add alternately with boiling water, mix only to blend. Pour into greased and floured 13 x 9 1/2 x 2" pan. Bake at 350 degrees about 1 hour or until done. Note: May be baked with pork chops and potatoes.

January 24, 1957

HERMITS
"Cookie of the Week"

3 1/2 c. flour	1/2 t. nutmeg
1/4 t. soda	1/2 c. shortening
3 t. baking powder	1 1/2 c. brown sugar
1/2 t. salt	2 eggs
1 t. cinnamon	1 c. seeded raisins, cut in small pieces
1/2 t. cloves	
2 T. milk	

Sift flour, soda, baking powder, salt and spices. Cream shortening and sugar. Add eggs and mix well. Add sifted dry ingredients with milk. Add raisins. Roll 1/8 inch thick, cut as desired. Bake on lightly greased cookie sheet at 400 degrees for 10 to 12 minutes. Frost if desired.

Frosting for Hermits:

1 c. confectioners sugar	1 1/2 T.
1/2 t. vanilla	

Combine ingredients, spread on cooled cookies.

January 25, 1957

ROLLED RIB ROAST

6 to 7 pound rolled beef rib roast	Pepper
	Salt

Season roast with salt and pepper. Place roast on a rack in an open roasting pan. Insert meat thermometer so that the bulb reaches the center of the thickest part. Do not add water, do not cover, be sure thermometer does not rest in fat. Roast in a slow oven at 300 degrees for 28 to 32 minutes per pound for rare roast, 34 to 38 minutes per pound for medium and 40 to 45 minutes for well done.

YORKSHIRE PUDDING

1 c. flour	1 c. milk
1/2 t. salt	2 eggs

Sift flour and salt, add combined milk and eggs and beat with electric mixer for 2 minutes. Pour into very well buttered 8x8x2" pan. Bake at 450 degrees 20 to 30 minutes. Serve at once, cut into squares.

Note: To serve with roast beef, you may use some of the beef drippings for greasing pan, remove roast from oven and bake pudding. Meat will carve easier if allowed to rest out of the oven for this time while pudding is baking.

COCONUT CAKE

3 c. cake flour	1 c. milk
2 t. baking powder	1 t. vanilla
1/2 t. salt	1/2 t. almond
1/2 c. shortening	4 egg whites
1 1/2 c. sugar	*Lemon filling, if desired
*Coconut Frosting	

Sift flour, baking powder and salt. Cream shortening and 1 c. of the sugar and 2 T. of the milk until light and fluffy. Add vanilla and almond extract to milk. Add sifted dry ingredients alternately with milk to creamed mixture. Beat egg whites until stiff but not dry, beat in remaining 1/2 c. sugar. Fold the egg white-sugar mixture into the batter. Pour into 2 greased and floured 9" layer cake pans. Bake at 375 degrees for 25 to 30 minutes. Spread with Lemon Filling and top with Coconut Frosting.

*LEMON FILLING

3/4 c. sugar	4 T. lemon juice
1/4 c. flour	1 egg, well beaten
1/8 t. salt	2 T. butter
1/2 c. water	

Combine sugar, flour and salt in top of double boiler, mixing thoroughly. Stir in water, 2 T. of the lemon juice and egg. Cook over boiling water until thick, stirring constantly. Remove from boiling water. Add butter and remaining lemon juice. Cool.

*COCONUT FROSTING

2 egg whites	1/3 c. cold water
1 1/2 c. sugar	Dash salt
1 1/2 t. light corn syrup	1 t. vanilla
	1/3 c. shredded coconut

Place ingredients except vanilla and coconut in double boiler; mix thoroughly. Cook, beating constantly with rotary or electric beater until mixture forms peaks, about 7 minutes. Remove from heat. Add vanilla and beat until of spreading consistency. Frost cake and sprinkle with coconut.

NOTE: CORRECTION PLEASE:
December 31, 1956, Perfect Nut Bread -- 1/4 t soda and 3/4 t. salt

TRUDY MC NALL'S

WROC - Television
Channel 5
Daily, Monday - Friday
9:00 to 9:30 A.M.

RADIO CITY, ROCHESTER 3, N. Y.

January 28, 1957

LIVER CROQUETTES

1 pound sliced liver	1/2 t. salt
1/4 pound salt pork	1/4 t. pepper
1 medium onion, chopped	1/2 c. chopped, stuffed olives
4 slices bread	
Milk to moisten	1 egg, slightly beaten
3 T. grated Parmesan cheese	2 T. milk
	~~1 c. crushed~~ cornflakes
2 T. chopped parsley	

Fat for deep-fat frying

Slice salt pork and cook until crisp and lightly browned, about 5 minutes. Remove from frying pan. Add liver and onion to salt pork drippings and cook 5 minutes. Put salt pork, liver and onion through food grinder. Break bread into small pieces and soak in enough milk to moisten. Combine liver mixture with parsley, cheese, salt, pepper, olives and moistened bread. Shape into small balls about the size of a walnut. Dip balls into egg diluted with milk, then roll in crushed cornflakes. Fry in deep fat (350 degrees) until nicely browned. 35 to 40 liver croquettes. Serve with hot tomato sauce.

TOMATO SAUCE

1 can (8 ounces) tomato sauce	1 t. Worcestershire sauce
1/2 c. chili sauce	1/2 t. horseradish

Combine all ingredients. Heat thoroughly. Pour sauce over Liver Croquettes and serve.

JELLIED WALDORF SALAD

1 T. gelatin (1 envelope)	1/4 c. lemon juice
1/2 c. cold water	1/2 c. diced celery
1 c. hot water	2 c. diced, unpeeled apples
1/3 c. sugar	
1/2 t. salt	1/4 c. chopped nuts

Soften gelatin in cold water. Dissolve in hot water. Stir in sugar, salt and lemon juice. Chill until slightly thickened. Fold in celery, apples, nutmeats. Turn into molds. Chill until firm.

DATE CAKES "A Lunchbox Treat"

1 c. dates, finely cut	1 t. soda
1 c. boiling water	1 c. sugar
2 T. butter	1 egg
1 3/4 c. flour	1 c. nutmeats, chopped

1 t. vanilla

Combine dates, water and butter, cool. Sift flour with baking soda. Add sugar, egg and nuts to date mixture. Add flour, blend well. Add vanilla. Bake in small greased cup cake pans at 375 degrees for 25 minutes. Roll immediately in confectioners sugar. Makes 2 dozen.

January 29, 1957

BRUNSWICK STEW (Request Recipe)

1 fowl (5 pounds) cut in pieces	1 pkg. frozen lima beans
	1 T. sugar
1 can condensed tomato soup	1 c. whole kernel corn
	Flour
1 c. canned tomatoes	3 potatoes, sliced thin
1 onion, sliced thin	Salt and pepper

1/4 pound butter

Stew fowl as for fricassee. Remove meat from bones and cut into large pieces. Return to kettle, add remaining ingredients except flour. Cook until potatoes are tender. Thicken with flour moistened with water. Add salt and pepper to taste. 8 servings. Serve in deep dishes. (This is a one dish meal. It should be fairly thick and served in soup bowls to be eaten with a soup spoon. Serve with crusty rolls or French Bread.)

SWEDISH MACAROON TEACAKES

from Mrs. Thos. Everden
R.R. 2, Colborn, Ontario, Canada

1 c. butter	1/2 c. crushed pineapple
1/2 c. sugar	2 egg whites, beaten
1 egg	1/2 c. sugar
2 c. cake flour	1/4 t. salt
1 t. vanilla	1/2 t. vanilla
1/2 t. almond extract	1/2 t. almond extract

1 c. coconut

Cream butter and sugar. Blend in egg, vanilla, almond and cake flour. Drop rounded teaspoonfuls of batter into greased muffin cups. Press batter over bottom and up around sides about 1/8" thickness. Add 1 t. crushed pineapple to each. Beat egg whites until stiff, add sugar and continue beating until peaks are formed, add salt, vanilla and almond. Fold in coconut. Fill each hollow with meringue mixture. Bake at 325 degrees F. for 25 to 30 minutes. Note: You may use jam instead of pineapple.

January 30, 1957

CHINESE PORK STEAK

4 to 6 pork shoulder steaks, cut 1/2 inch thick	1 t. ginger
	2 t. salt
	1 T. sugar
1 beef bouillon cube	1/4 c. honey
1/3 c. hot water	1/4 c. soy sauce

Dissolve bouillon cube in hot water, cool. Add ginger, salt, sugar, honey and soy sauce. Marinate steaks in soy sauce mixture in refrigerator for 2 hours or overnight, turning them occasionally. Remove steaks from marinade and place on rack in an open roasting pan. Do not cover or add water. Roast in an open roasting pan at 350 degrees for 1 hour or until done. Serve hot with mustard sauce.

MUSTARD SAUCE

1 T. butter	1/2 t. salt
1 T. flour	1 c. milk

3/4 t. prepared mustard

Melt butter. Stir in flour. Add salt and milk. Cook, stirring constantly, until thickened. Add small amount of sauce to prepared mustard, mixing thoroughly, then add to remaining sauce. Serve hot with Chinese Pork Steaks.

PUMPKIN CAKE

2 c. flour	1 c. brown sugar
1/4 t. soda	2 eggs
3 t. baking powder	3/4 c. pumpkin
1 t. salt	1/3 c. sour milk
1 t. cinnamon	2/3 c. chopped nuts
1/2 c. shortening	*Spiced Whipped Cream
1/2 c. sugar	

Grease and flour two 8" layer cake pans. Sift together flour, soda, baking powder, salt and cinnamon. Cream shortening, add sugars and blend well. Add eggs and continue creaming until very fluffy. Stir in pumpkin. Add dry ingredients alternately with sour milk. Mix in nuts. Batter will be stiff. Bake at 375 degrees for 25 minutes. Cool and frost with Spiced Whipped Cream.

SPICED WHIPPED CREAM

1 c. whipping cream	1 t. cinnamon
3 T. confectioners sugar	1/4 t. ginger (if desired)

Whip cream until stiff, add sugar and spices.

January 31, 1957

COOKIE OF THE WEEK

RANGER COOKIES

1 c. shortening	1/2 t. salt
1 c. white sugar	1 t. soda
1 c. brown sugar	1/2 t. vanilla
2 eggs	1 c. coconut
2 c. flour	2 c. cornflakes
1/2 t. baking powder	2 c. oatmeal

Cream shortening and sugars. Add eggs and beat until fluffy. Sift flour with baking powder, salt and soda. Add to first mixture. Stir in vanilla, coconut, cornflakes and oatmeal. Drop by spoonfuls onto lightly greased cookie sheet. Bake at 375 degrees for 12 to 15 minutes.

A QUICKEE DESSERT

FROZEN PINEAPPLE CRUNCH

2 T. butter	1/3 c. sugar
1/4 c. brown sugar	2 T. lemon juice
2 c. cornflakes	1 c. drained crushed pineapple (14 oz. can)
1/2 c. chopped nuts	
2 eggs, separated	1/2 c. heavy cream, whipped

Mix together in skillet butter, brown sugar, cornflakes and nuts. Heat, stirring until butter melts and sugar caramelizes slightly. Set aside. Beat egg yolks in top of double boiler until thick and lemon colored. Beat in sugar, lemon juice and cook over hot water, stirring frequently until thickened (about 10 minutes). Fold in drained crushed pineapple, stiffly beaten egg whites and whipped cream. Turn into 1 quart refrigerator tray; cover with crunch topping. Freeze. Makes 8 servings.

Correction please! Jan. 9, 1957 - Feather Beds
Omit first 4 ingredients.
Start recipe with 1 cup milk scalded.

February 1, 1957

SUPER SCALLOPED OYSTERS (A Request)

1 pint oysters	1/2 t. salt
1/2 c. bread crumbs	1/8 t. pepper
1 c. cracker crumbs	4 T. oyster liquid
1/2 c. melted butter	1/4 c. cream

Mix bread and cracker crumbs and stir in butter. Put a thin layer in bottom of shallow, buttered baking dish. Cover with half of oysters, sprinkle with salt and pepper. Sprinkle with 2 T. oyster liquid and 2 T. cream. Cover with thin layer of crumbs. Add remaining oysters, sprinkle with 2 T. oyster liquid and 2 T. cream, top with remaining crumbs. Bake at 425 degrees for 25 to 30 minutes. Bake uncovered. Have only 2 layers of oysters. If you have 3 layers, middle layer will not be cooked properly.

BAKED CUP CUSTARDS WITH MERINGUE

1 quart milk	4 T. sugar
4 eggs	1 t. vanilla
1/2 t. salt	8 marshmallows

Scald milk in top of double boiler. Lightly grease 8 custard cups. Place a marshmallow in each cup. Beat eggs until foamy. Add salt, sugar and vanilla; slowly stir in hot milk. Strain mixture into large mold or 8 individual ones. Place in pan of warm water to within 1" of top of baking dish. Bake large custard 1 to 1 1/4 hours or until knife inserted in center comes out clean. Bake individual custards about 45 minutes. When done remove immediately from water and cool on cake rack. Note: Marshmallow will form a crispy meringuelike topping on custards.

February 4, 1957

ROUND STEAK DINNER

2 pounds round steak, cut 1 inch thick	1/4 c. shortening
1/3 c. flour	3 potatoes, peeled and halved
2 t. salt	1 bay leaf
1/4 t. pepper	1 can tomato soup
4 medium onions, sliced	1 can French cut green beans

Cut meat into serving pieces and roll in flour seasoned with salt and pepper. Saute onions in shortening, remove from pan, brown meat on both sides. Place meat and onions in 3 quart casserole. Add potatoes and bay leaf. Pour tomato soup over all. Cover and bake at 350 degrees for 1 1/2 hours. Put drained beans on top; cover and bake 10 minutes. 6 servings.

FAVORITE CHOCOLATE LAYER CAKE

1/2 c. shortening	1/2 t. salt
2 c. brown sugar	1/2 t. baking powder
2 eggs	1 t. soda
2 squares chocolate	1/2 c. sour cream
2 c. flour	1 c. boiling water

1 t. vanilla

Cream shortening and sugar. Add eggs and continue to beat until light and fluffy. Add melted and cooled chocolate. Sift flour with salt and baking powder. Add alternately with sour cream. Dissolve soda in boiling water. Add last to batter with vanilla. Batter will be thin. Pour into 2 greased and floured 9" layer cake pans. Bake at 375 degrees 25 to 30 minutes.

COMFORT FROSTING

(Forms a crust on top--soft inside)

2 c. sugar	2 egg whites
1/2 c. water	1 t. vanilla
2 T. light corn syrup	

Combine sugar, water and corn syrup. Cook stirring constantly until mixture begins to boil. Cook without stirring to 242 degrees. Pour very slowly into stiffly beaten egg whites. Add vanilla. Continue beating until frosting loses its gloss and frosting holds its shape.

February 5, 1957

BEEF VEGETABLE SOUP

2 pounds beef shanks with meat or oxtails	1 can (No. 303) stewed tomatoes
2 quarts water	1 c. diced carrots
1/2 c. chopped celery leaves	1 c. diced potatoes
	1 c. sliced celery
3 sprigs parsley	3 T. uncooked rice
1 T. salt	1 quart water
1 package dehydrated onion soup	1 t. salt
	1/2 t. pepper

2 bay leaves

In a large kettle put soup bone, the 2 quarts water, bay leaves, celery leaves, parsley and the 1 T. salt. Cover and simmer until the meat is tender, about 2 1/2 hours. Remove the bones and cut up the meat, return to broth. Mix in the onion soup. Add remaining ingredients. Cover and simmer until vegetables are tender, about 30 minutes. Makes about 8 servings.

BANANA TEA MUFFINS

(When you bake these muffins, the jelly melts and glazes the top.)

1 egg	1 3/4 c. cake flour
1/3 c. salad oil	3/4 t. salt
1/2 c. sugar	2 t. baking powder
1/2 c. mashed bananas (2 bananas)	1/4 t. soda
	1/4 c. tart jelly

Beat egg slightly; stir in salad oil and sugar. Add mashed bananas and mix well. Sift flour, baking powder, salt and soda, add to first mixture and stir just until liquid and dry ingredients are combined. Fill 12 greased muffin tins 2/3 full. Place 1 t. jelly in each filled muffin cup. Bake at 375 degrees for 15 minutes. Makes 12.

Note: You may use melted shortening instead of salad oil. A pinch of nutmeg or cinnamon sifted with dry ingredients is good too.

February 6, 1957

SHRIMP CREOLE

1/4 c. shortening	1 t. chili powder
1 c. sliced onion	1 T. flour
1 c. chopped celery	1/8 t. Tabasco
1/2 c. chopped green pepper	1 No. 2 can tomatoes
	3/4 pound cooked cleaned shrimp
1 1/2 t. salt	

4 c. cooked rice

Saute onion, celery and green pepper in shortening for 5 minutes. Add seasonings, stir in flour. Add tomatoes. Simmer, uncovered 10 minutes stirring occasionally. Add shrimp; heat thoroughly. Serve with mound or ring of hot rice. 6 servings.

TO MAKE RICE RING:

Mix cooked rice with 1/4 c. melted butter. Place in well greased 1 quart ring mold. Set mold in pan of hot water for 10 minutes. Turn out of mold on hot round platter. Fill center with Shrimp Creole.

CHOCOLATE REFRIGERATOR CAKE

16 marshmallows	1 1/2 c. crushed graham crackers
4 chocolate almond candy bars (7/8 oz. each)	2 T. confectioners sugar
	6 T. butter
1/2 c. milk	1/2 pint heavy cream, whipped

Place marshmallows, broken candy bars and milk in top of double boiler. Heat until marshmallows and candy melt, stir occasionally to make a smooth mixture. Cool. Combine graham cracker crumbs and confectioners sugar. Melt butter and toss with crumbs. Place 2/3 of crumb mixture in bottom of 8 inch square pan. Fold whipped cream into cooled marshmallow mixture. Pour into crumb lined pan. Sprinkle with remaining crumbs. Chill 4 hours. Serves 8.

February 7, 1957

COOKIE OF THE WEEK

V. B. APPLESAUCE COOKIES

1/2 c. shortening	1/2 t. salt
1 c. brown sugar	1/2 t. soda
1 egg	2 t. baking powder
1 c. seedless raisins	1/2 t. nutmeg
1 3/4 c. flour	1 t. cinnamon

1/2 c. V.B. applesauce

Cream shortening and sugar, add egg and blend well. Add raisins. Sift flour, salt, soda, baking powder and spices. Add alternately with applesauce to creamed mixture. Drop by spoonfuls on lightly greased cookie sheet. Bake at 400 degrees about 12 minutes. Makes 3 dozen.

Note: For an interesting variation add 1 t. grated orange rind. Frost cookies with orange frosting made by combining 2 c. confectioners sugar, 2 T. butter and 1/4 c. orange juice. Sprinkle a few nuts on top of each cookie.

BUTTERSCOTCH BROWNIES

1/4 c. shortening	1 t. baking powder
1 c. brown sugar	1/4 t. salt
1 egg	1 t. vanilla
1 c. cake flour	3/4 c. chopped nuts

Melt shortening, add sugar and egg. Sift flour, baking powder and salt. Add to first mixture with nuts. Pour into greased and floured 8" square pan. Bake at 300 degrees about 40 minutes. When cold cut into squares.

February 8, 1957

ROAST SYMONDS FARMS CHICKEN

1 Symonds Farms Roasting Chicken	1 t. salt
	1/8 t. pepper
1/2 c. butter	1/2 t. sage
1/4 c. chopped onion	1/3 c. water
4 c. stale bread crumbs	

Sprinkle inside of chicken with salt. Saute onion in butter for several minutes, add remaining ingredients. Fill body of chicken about 3/4 full. Stuffing should never be packed in, for it swells during cooking. Fill the opening at neck 3/4 full; lap the skin of the neck over onto the back and fasten with skewer. Place the bird breast side down. Tie the center of a cord to the tail. Pull the legs close to the tail and tie legs and tail firmly. Lace the cord across the back and tie wings to bird. Roast on rack in open roasting pan at 350 degrees for 25 to 30 minutes per pound (weigh after stuffing). Brush skin of chicken occasionally with melted shortening. If a tender rather than a crisp skin is desired, cover the pan for the last half hour of roasting.

GIBLET GRAVY

Simmer gizzard, heart, neck and wing tips in 4 c. of water about 1 hour or until tender. Add the liver during the last 10 minutes. Drain, reserving stock. Discard neck and wing tips; chop the giblets. Use 4 to 6 T. of drippings from chicken. Add 4 to 6 T. flour; stir until blended. Add giblet stock slowly, stirring over low heat until the gravy is thick and smooth. If necessary, add additional milk or water to make 3 c. of liquid.

Note: If you use a frozen Symonds Farms chicken thaw completely before proceeding with recipe.

BUTTERSCOTCH PIE

1 9" baked pie shell	1 1/4 c. brown sugar
1 1/2 c. Genesee Country Milk	1 egg
	1/4 t. salt
4 T. cornstarch	1/2 t. vanilla
2 T. flour	Genesee Country Medium Cream for topping
1/2 c. cold milk	
2 T. butter	

Heat 1 1/2 c. of milk in double boiler. Mix cornstarch and flour with cold milk. Add to hot milk, stirring constantly until thickened. Melt butter, add brown sugar, cook until sugar is melted and bubbly. Stir into first mixture when dissolved, add well beaten egg, adding a little of hot mixture to egg first. Cook until thickened stirring constantly. Add salt and vanilla. Cool, stirring occasionally to prevent film from forming. Chill. Cover with whipped cream before serving.

February 11, 1957

SOMETHING FOR LUNCH

CREAMY CORN CHOWDER

6 slices bacon	1 tall can (1 2/3 c.) evaporated milk
3/4 c. chopped celery	1 can (1 pound) whole kernel or cream style corn
3/4 c. chopped onion	
1/4 t. salt	
1/2 c. water	

Cook bacon until crisp; drain and reserve. Place 1/4 c. of the bacon drippings in large saucepan. Add celery and onion to bacon drippings and cook until onion is tender, but not brown, about 7 minutes. Add salt, water, evaporated milk and corn. Stir occasionally and heat to serving temperature. Crumble bacon and sprinkle over top. 4 servings.

FRENCH BREAD

1/2 c. milk	1/4 c. lukewarm water
1 c. water	1 T. sugar
2 T. shortening	4 3/4 c. flour
1 pkg. active dry or compressed yeast	2 1/2 t. salt
	1 1/2 t. sugar

Combine milk and water in small saucepan and bring to a boil. Add shortening and cool to lukewarm. Soften yeast in lukewarm water, add 1 T. sugar and let stand about 5 minutes. Place flour salt and 1 1/2 t. sugar in large mixing bowl. Make a well in center and pour in combined milk and water. Stir up the yeast and add. Mix well but DO NOT KNEAD. Dough should be soft. Cover bowl with a towel and let rise in warm place until doubled in bulk. When dough is doubled turn out on lightly floured cloth, divide into 3 parts. Form each part into loaf of bread thus: (1) Flatten dough with the palms of your hands. (2) Fold opposite sides into center to meet. (3) Fold dough lengthwise in half. (4) Press dough outward from center until a long thin roll 15" x 1 1/4" is formed. Place on lightly greased baking sheet. With a knife make 1/8" gashes on top. Let rise UNCOVERED in a warm place until little more than double in bulk. Bake at 400 degrees for 15 minutes, reduce heat to 350 degrees and bake 30 minutes longer. Remove from oven and brush quickly and lightly with a slightly beaten egg white and water (1 egg white 2 T. water). Return to oven and bake 5 to 10 minutes (350 degrees) or until golden brown. Cool loaves in a draft, this makes crust crackle. 3 loaves.

February 12, 1957

A SALAD FOR VALENTINE'S DAY

1 c. hot water	1--8 oz. pkg. cream cheese
2/3 c. (6 oz.) small red cinnamon candies	1/2 c. nuts, chopped
1 pkg. lemon-flavored gelatin	1/2 c. celery, finely chopped
1 1/2 c. VB applesauce	1/2 c. mayonnaise

*Frosted grapes

Pour hot water over cinnamon candies. Stir until they dissolve. Add gelatin; stir until it completely dissolves. Add applesauce. Pour half of mixture into heart shaped mold or 8 inch square pan. Let chill until firm. Blend together cream cheese, nuts and celery, add mayonnaise. Spread in a layer over firm apple mixture. Pour on remaining apple mixture. Chill until firm, unmold; garnish with small bunches of frosted grapes. 6 servings.

*FROSTED GRAPES: Beat until frothy 1 egg white. Dip into egg white, small bunches of Tokay grapes. Shake off excess egg white and dip into granulated sugar. Set aside to dry. Chill in refrigerator if desired.

Note: This is a dinner salad, good with pork, beef, chicken. Nice for a buffet with chicken salad or creamed chicken, too.

CREAM PUFFS

1/2 c. boiling water	1/2 c. flour
1/4 c. butter	2 eggs, unbeaten
1/8 t. salt	

Bring water and butter to boil. Add salt and flour, all at once; beat over low heat until mixture leaves sides of pan and forms compact ball. Remove from heat; continue beating to cool, about 1 minute. Add eggs one at a time, beating well after each addition. After last egg beat until mixture has almost satin like sheen. For large puffs spoon onto lightly greased cookie sheet 5 or 6 large mounds of dough. Bake at 375 degrees for about 50 minutes. Remove from oven; immediately cut 1 or 2 slits in side of each puff; return to oven for 10 minutes, oven off. Cool on rack.

For Petite Puffs: Drop mixture by rounded teaspoonfuls about the size of a quarter onto slightly greased cookie sheet. Bake at 375 degrees about 30 minutes. Remove from oven, cut slit in side of each, bake 5 minutes more, cool. Serve 2 per person. Makes 30 to 35.

Serve as desired with cream filling, ice cream or whipped cream.

BUTTERSCOTCH SAUCE
Serve hot or cold

1 1/2 c. brown sugar	1/8 t. salt
1/3 c. butter	1 c. Genesee Country light cream
3/4 c. light corn syrup	

Cook sugar, butter, corn syrup and salt together. Stir constantly until sugar is dissolved. Add cream very slowly, stirring constantly until sauce thickens. If you have a candy thermometer temperature is 228 (just below soft ball stage). Will keep in covered container in refrigerator indefinitely.

February 13, 1957

BRAISED STUFFED HEART

1 beef heart	1/8 t. pepper
Bread stuffing	2 T. shortening
1/4 c. flour	1/4 c. water
1 t. salt	

Wash heart thoroughly in water and remove hard parts. Fill heart with Bread Stuffing and sew or skewer to hold stuffing. Dredge heart in flour to which salt and pepper have been added. Brown on all sides in shortening. Add water. Cover tightly and cook in a slow oven 300 degrees 3 to 3 1/2 hours or until tender, adding more water if necessary. Thicken liquid for gravy. 8 servings.

BREAD STUFFING

2 c. soft bread crumbs	2 T. chopped onion
1/2 t. salt	1/4 c. chopped celery
1/8 t. pepper	1 egg, beaten
1 t. sage	Water

Combine bread crumbs, salt, pepper, sage, onion, celery, egg and enough water to make a slightly moist stuffing.

A CAKE FOR VALENTINE'S DAY

3 c. cake flour	1 c. sugar
1 T. baking powder	6 egg whites
1/2 t. salt	3/4 c. sugar
1 c. butter	1/2 c. water
1 T. vanilla	1/2 c. milk

Sift flour, baking powder and salt and set aside. Cream butter, add vanilla and sugar and cream until fluffy. Set aside. Beat egg whites until frothy, add the 3/4 c. sugar. Beat until rounded peaks are formed. Combine water and milk, add alternately with dry ingredients to creamed mixture. Beat only until smooth, do not overbeat. Last, fold in egg whites. Turn into 2 greased and floured 9" heart shaped cake pans (or round pans). Bake at 350 degrees for 30 to 35 minutes or until cake tests done. Cool, fill with Pineapple Cream Filling.

PINEAPPLE CREAM FILLING

1--9 oz. can crushed pineapple (about 3/4 c. drained)	1/4 c. sugar
	1 T. cornstarch
	Pinch salt
1 c. milk	1 egg
1 t. vanilla	

Scald 3/4 c. of the milk in double boiler. Combine sugar, cornstarch, and salt, add reserved 1/4 c. of milk. Add the scalded milk and cook stirring constantly until thickened. Add a little of the hot mixture to slightly beaten egg, then blend egg into mixture. Cook for several minutes stirring constantly. Cool. Stir in well drained pineapple and vanilla. Chill in refrigerator.

Frost cake with any white icing, for example, 7 minute frosting, January 25, 1957, under name of Coconut Frosting would be very good.

NOSEGAYS FOR DECORATING CAKE:

Place small red gumdrops on wooden picks. Make soft folds in paper doilies from center to edge. Poke wooden picks down through center of doily and tie in place with red ribbon. Place nosegays on plate around cake. Make one nosegay without ribbon and place it on top of cake.

Note: Make favorite decorating frosting, tint red, write BE MY VALENTINE on cake. See Butter Cream Frosting August 13, 1956. Make 1/4 recipe. Leftover frosting will keep in refrigerator. Use for valentine cookies, too. Frosting heart shaped cookies.

February 14, 1957

COOKIE OF THE WEEK

BLEEDING HEARTS

1/2 c. butter	2 c. flour
1 c. sugar	2 t. baking powder
1 T. water	1/2 t. vanilla
1 egg	Cream, sugar, red cinnamon candies

Cream butter and sugar together until light. Add egg, water and vanilla and beat well. Add sifted dry ingredients. Roll dough about 1/8 inch thick. Cut into heart shapes. Brush with cream, sprinkle with plain or colored sugar and put 2 or 3 red candy hearts in the center of each heart. Bake at 350 degrees F. for 10 to 12 minutes. Makes 4 dozen hearts.

VALENTINE ALOHA--PINEAPPLE MELBA

You will prove your "aloha" (love) to your Valentine when you serve Pineapple Melba with Bleeding Hearts. The bright red Melba Sauce and heart shaped cookies are sure to melt that SPECIAL man's heart. Although particularly appropriate for Valentine's Day, this recipe is one that's a favorite the year 'round.

1 T. cornstarch	1 pkg. (10 oz.) frozen raspberries
1 T. cold water	
1/2 c. currant jelly	Vanilla ice cream

Pineapple slices

Mix cornstarch with cold water in saucepan. Stir in jelly and heat until melted and slightly thickened. Remove from heat and stir in berries. Cool. To serve: Arrange pineapple slices on small plates, top each with a scoop of vanilla ice cream and a generous spoonful of Melba Sauce. Serve with Bleeding Heart Cookies.

February 15, 1957

COUNTRY CODFISH CAKES

1 lb. salt codfish	2 eggs
Cold water	1/2 t. paprika
4 to 6 medium potatoes	1/8 t. pepper
2 T. butter	Deep fat for frying

Cover codfish with cold water to freshen. Let stand in the cold water at least 4 hours. Change water 3 or 4 times during that period. Drain fish and remove any bits of bone. Flake fish. Wash and pare potatoes. Combine fish and potatoes in saucepan, cook covered in boiling water until potatoes are tender. Drain and mash potatoes and fish. Whip in butter, eggs, and seasonings, whip until mixture is fluffy. Drop by spoonfuls into hot deep fat at a temperature of 365 degrees. Drop only as many at one time as will float uncrowded. Turn cakes as they brown, cooking each 2 to 5 minutes, or until golden brown. Drain on absorbent paper. Serve with Tomato Sauce if desired.

HUSH PUPPIES

Toothsome morsels from Florida hunters. When they sat around their camp fish fries, their hunting dogs would whine for the good smelling food. The men tossed leftover corn patties to them calling, "Hush, puppies!" Satisfied, the dogs hushed.

3 c. corn meal	1 1/2 c. milk
2 t. baking powder	1/2 c. water
1 1/2 t. salt	1 egg

1 onion, finely chopped

Combine all ingredients. With hands mold into little cakes (about 1 T. each). Fry in deep fat 365 degrees until well browned. Drain on absorbent paper. Serve very hot. May also be fried in frying pan--shallow fat.

TRU-MIX BLUEBERRY OR CHERRY COBBLER

"Cobble up" means put together in a hurry. With Tru-Mix Blueberry or Cherry pie filling you can do just that.

1 can TRU-MIX Blueberry Pie Filling	1 1/2 t. baking powder
1 c. flour	1/2 t. salt
1 T. sugar	3 T. shortening
	1/3 to 1/2 c. milk

Pour can of Blueberry Pie Filling into 8" square pan. Sift together flour, sugar, baking powder and salt, cut in shortening with pastry blender, add milk to make a soft dough. Drop by spoonfuls onto fruit. Bake at 400 degrees for 30 minutes. Serve warm with or without cream.

Note: Have you tried a pie yet using Tru-Mix Blueberry or Cherry Pie Filling? Tru-Mix is a complete pie filling. Just pour contents of can in an unbaked pie shell, cover with crust and bake at 425 degrees for about 35 minutes or until crust is crisp and brown. Don't forget tarts, too.

February 18, 1957

BASIC WHITE BREAD

2 1/4 c. milk	2 cakes compressed yeast
3 T. sugar	2 T. shortening, soft
1 T. salt	7 to 7 1/4 c. flour

Scald milk, add sugar and salt, cool to lukewarm. Crumble yeast into milk, stir until yeast is dissolved. Add shortening. Add flour to make a dough easy to handle, when the dough begins to leave the sides of the bowl, you can turn the dough out onto lightly floured board or cloth to knead. Knead until smooth and elastic and dough doesn't stick to cloth or board. To knead: Fold dough over toward you. Then press down away from you with heel of hand. Give dough quarter turn, repeat until it's smooth and elastic, about 10 minutes. Place in greased bowl, turning once to bring greased side up. Cover with damp cloth and let rise in warm, draft-free spot (80 to 85 degrees) until double (1 1/2 to 2 hours). Punch down; thrust fist into dough, pull edges into center and turn completely over in bowl. Let rise again until almost double in bulk (30 to 45 minutes). Note: Second rising makes a finer textured loaf. Shape into 2 loaves, place in greased bread pans sealed edge down. Cover, let rise until sides of dough reach top of pan and center is well rounded (50 to 60 minutes). Bake. To test: tap loaf, tip gently out of pan, tap bottom. It should sound hollow, if not, bake few minutes more. For a soft tender crust: Brush with melted butter. Cover with towel for a few minutes to soften crust. For a crisp crust: Do not grease the loaves, cool uncovered. Baking temperature: 425 degrees for 10 minutes, reduce to 375 degrees for 45 to 50 minutes.

A Quick and Easy Gourmet Dish

VEAL AND HAM ROLLS

2 pounds veal cutlets, cut 1/4 inch thick	Dash pepper
6 slices boiled ham	1 can cream of mushroom soup
3 T. shortening	1/2 c. milk
1/2 t. salt	1/4 t. marjoram

Cut veal into 6 pieces. Place a slice of ham on each piece of veal and roll like a jelly roll. Fasten with a wooden pick or tie with string. Brown rolls in shortening. Pour off drippings. Season. Mix soup and milk together, pour over rolls. Add marjoram. Cover tightly and cook slowly for 45 minutes or until tender. Thicken sauce if necessary and serve with veal rolls.

February 19, 1957

$25,000 CALIFORNIA CASSEROLE
(From Pillsbury 8th Grand National Contest)

2 pounds veal or beef round steak	1 3/4 c. small cooked onions (one pound can)
1/3 c. flour	2 cans cream of chicken soup plus one can water
1 t. French's paprika	
1/4 c. salad oil or other shortening	1 c. sour cream

Coat meat in flour seasoned with paprika. Pound mixture into meat and cut in 2 inch cubes. Brown meat in salad oil or shortening. Transfer to 13 x 9 x 2 inch baking dish. In skillet used to brown meat combine one can of the chicken soup with the can of water. Bring to a boil and pour over the meat. Bake at 350 degrees about 45 minutes until meat is tender. Top with dumplings. Increase oven temperature to 425 degrees and bake for 20 to 25 minutes or until dumplings are a golden brown. Serve with a sauce made by heating the second can of soup and the sour cream just to boiling point.

BUTTER CRUMB DUMPLINGS

2 c. flour	1 T. poppy seed (optional)
4 t. baking powder	1/4 c. salad oil
1/2 t. salt	1 c. milk
1 t. poultry seasoning	1/4 c. melted butter
1 t. celery seed	1 c. bread crumbs
1 t. onion flakes	

Sift together flour, baking powder, salt and poultry seasoning. Add celery seed, onion flakes and poppy seed. Add salad oil and milk and stir just until moistened. Drop rounded tablespoonfuls of the dough into a mixture of the butter and bread crumbs. Roll to coat with crumbs. Serves 8.

$3,000 STARLITE SUGAR CRISPS
SENIOR FIRST PRIZE WINNER in 8th Pillsbury Grand National Bake-Off.

1 cake compressed yeast or 1 pkg. dry yeast	1/2 c. butter
1/4 c. lukewarm water	1/2 c. shortening
3 1/2 c. flour	2 eggs, beaten
1 1/2 t. salt	1/2 c. sour cream (commercial)
	3 t. vanilla
1 1/2 c. sugar	

Soften yeast in lukewarm water. Sift flour, salt; cut in butter and shortening. Blend in eggs, sour cream, 1 t. vanilla and softened yeast. Mix well. Cover; chill in refrigerator two hours. Mix sugar and 2 t. vanilla. Roll out half of chilled dough (refrigerate second half) on pastry cloth which has been sprinkled with 1/2 c. of the vanilla sugar. Roll out to a 16 x 8 inch rectangle. Sprinkle with about 1 T. more vanilla sugar. Fold one end of dough over center. Fold opposite side over to make three layers. Turn 1/4 way round and repeat rolling, folding twice, sprinkling cloth with additional vanilla sugar as needed. Roll out to a 16 x 8 rectangle about 1/4 inch thick. Cut into 4 x 1 inch strips. Twist each strip 2 or 3 times. Place on ungreased baking sheets. Repeat entire process with second portion of dough. Bake at 375 degrees 15 to 20 minutes until light golden brown. Yield: about 5 dozen. *Dough may be stored in refrigerator up to 4 days and baked as needed.

February 20, 1957

SLOPPY JOE'S (BARBECUED GROUND BEEF)

1 pound ground beef	1 T. vinegar
1 c. finely chopped onion	1 t. salt
1 c. chopped green pepper	1 c. ketchup
2 T. prepared mustard	1/2 t. ground cloves

Brown meat slowly in small amount of shortening until crumbly but not hard, pour off excess drippings. Combine remaining ingredients and add to meat. Cover and simmer about 30 minutes. Serve on toasted buns. 6 servings.

CHERRY ROSE-PETAL TARTS

Pastry for Tarts:

2 c. flour	2/3 c. shortening
1 t. salt	5-6 T. cold water

Sift flour and salt, cut in shortening with pastry blender. Add water just enough to hold pastry together. Roll pastry 1/8 inch thick. Cut pastry into rounds, using 3 1/2 inch round cutter. Place one pastry round in bottom of each 2 3/4 in. muffin pan well. Fit 5 pastry rounds around inside of each well, overlapping edges. Press overlapping edges together. Prick bottom and sides well with fork. Bake at 450 degrees 8 to 10 minutes or until light golden brown. Cool on rack. Carefully remove from pans. Makes 6--3 1/2 inch tarts.

Filling for Tarts:

Use Tru-Mix Cherry Pie Filling. Just empty 2 cans into saucepan, bring to a boil, stirring constantly; cool, stirring occasionally. Top with Genesee Country Whipped Medium Cream.

February 21, 1957

"GO TO SCHOOL" COOKIES
A favorite from Romper Room to College

2 sq. chocolate	1/4 t. soda
3/4 c. chopped nuts	1/2 c. shortening
1 1/2 c. flour	1/2 t. vanilla
1/2 t. salt	1 c. brown sugar
1/2 t. baking powder	1 egg
	1/2 c. milk

Melt chocolate and set aside to cool. Sift flour, salt, baking powder, soda. Cream shortening with vanilla and sugar. Blend in chocolate. Add egg. Add milk alternately with sifted dry ingredients. Stir in nuts. Drop by teaspoonfuls 2 inches apart on lightly greased cookie sheets. Bake at 350 degrees 12 to 15 minutes. Frost when cool.

For Frosting: Melt and cool 1 square chocolate. Cream 1/4 c. butter with 1/2 t. vanilla, add alternately, creaming until smooth after each addition, 2 c. confectioners sugar, 1/4 c. hot water. Put one third of the frosting into another bowl, blend in chocolate and 1 T. hot water. Spread cookies with white frosting, top each with a small amount of chocolate frosting. Allow frosting to become firm before storing cookies. About 2 dozen.

February 22, 1957

IMPERIAL LOBSTER (Rock Lobster Tails)

3 medium sized lobster tails	1/3 c. mayonnaise
1 T. butter	1 t. Worcestershire sauce
3/4 c. chopped green pepper	1 t. prepared mustard
2 egg yolks, slightly beaten	1/2 t. dry mustard
	3 drops Tabasco sauce
	Butter

Cook lobster tails in boiling salted water until done (simmer about 1 minute longer than individual weight in ounces; add 2 minutes if tails are frozen. Use 1 t. salt per 1 quart water.) Drain lobster tails; rinse under cold water until cool enough to handle. Place on a cutting board shell side down. Cut through and remove thin shell on underside of each tail. Split lengthwise through the meat; cut into small pieces and set aside while making sauce. Saute green pepper in butter until tender. Mix in a bowl the egg yolks, mayonnaise, and seasonings. Add and mix in green pepper and lobster. Fill 4 or 5 buttered ramekins with mixture. Dot each with butter. Bake at 500 degrees about 12 minutes or until mixture is heated through and lightly browned.

WASHINGTON PIE

1 c. cake flour	6 T. milk
1 t. baking powder	Confectioners sugar
1/4 t. salt	Maraschino cherries with stems
3 eggs	
1 c. sugar	Heavy cream, whipped
1 T. lemon juice	Cherry jam or raspberry jelly

Sift flour, baking powder and salt. Beat eggs until very thick (about 5 minutes). Add gradually, beating constantly sugar and lemon juice. Heat milk, but do not boil. Sift dry ingredients over egg mixture, about one fourth at a time; gently folding. Add hot milk all at once and quickly mix just until smooth. Pour into 2 9-inch layer cake pans. Bake at 375 degrees for 15 minutes or until cake surface springs back when lightly touched. Invert pans to cool, placing them so that pans rest on edges of two cooling racks, let cakes hang in pan until cooled. Remove from pans, spread with jam, sprinkle top with confectioners sugar, make border of whipped cream with pastry tube for decorative effect and garnish with maraschino cherries with stems.

TRUDY MC NALL'S

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RADIO CITY, ROCHESTER 3, N. Y.

February 25, 1957

BAKED EGGS IN CORNED BEEF HASH

- 2 (1 pound) cans corned beef hash
- 1 pint soft 1/2 inch bread cubes
- 3/4 c milk
- 2 T. finely chopped onion
- 6 eggs
- 2 T. light cream

Combine corned beef hash, soft bread cubes, milk and onion. Press mixture into a greased 1 1/2 quart baking dish. Make 6 square indentations in hash for eggs. Bake in a moderate oven (375 degrees F.) for 15 minutes. Remove from oven and break one egg in each indentation. Pour 1 teaspoon cream over each egg. Return to oven for 15 to 20 minutes longer until eggs are set. Cut into squares and serve immediately. 6 servings.

MONTE CRISTO FRENCH FRIED TOAST

- 1 egg, beaten
- 1/2 c. milk
- 1/4 c. flour
- 1/4 t. salt
- 1/4 t. baking powder
- 6 slices bread
- Powdered sugar, jelly, honey or maple syrup

Combine beaten egg, milk, flour, salt and baking powder in a shallow bowl. Dip each slice of bread into egg mixture, turning it to coat both sides. French fry bread in deep fat at a temperature of 375 degrees F. Use basket to submerge bread until golden brown. Serve immediately with powdered sugar, jelly, honey, or maple syrup. 3 servings--2 slices per serving.

FATTIGMAND BAKKELSE

- 10 egg yolks
- 1 c. heavy cream
- 3/4 c. sugar
- 1/2 t. cardamon (ground)
- 2 egg whites
- Flour

Combine egg yolks, heavy cream, sugar and cardamon. Beat egg whites and combine with first mixture. Add enough flour to make a soft dough. Roll out thin. Cut with pastry wheel into diamonds. Make a lengthwise slit in center of diamond. Pull one corner through slit. Fry in deep fat at 375 degrees until golden brown. Drain on absorbent paper. Sprinkle with confectioners sugar.

February 26, 1957

CORNISH PASTIES (A request)

- 6 c. flour
- 1 1/2 t. salt
- 1 1/2 c. shortening or lard
- 1 c. water
- 1 1/2 pounds flank steak, cut into 1/2 inch pieces
- 6 c. (about 4 medium sized) 1/2 inch potato cubes
- 1 c. finely chopped onion
- 3/4 c. finely chopped carrot
- 2 t. salt
- 1 1/2 t. pepper
- 1 t. Accent
- Milk or cream

Sift flour and salt. Cut in shortening as for pie crust. Sprinkle water over the mixture adding just enough to hold pastry together. Set aside. Combine in a large bowl and mix together the flank steak, potatoes, onion and carrots. Divide pastry into two parts, roll out one part of pastry into round about 1/8 inch thick. Cut out 5 to 6 inch rounds using a saucer as a guide if you do not have a large cookie cutter. Repeat with remaining pastry, you should have 8 circles. Sprinkle meat and vegetables with salt, pepper and Accent, toss lightly. Spoon an equal amount of filling onto each round. Moisten the edge of one half of the round with water to help form a tight seal. Fold the other half of the round over the filling. Press edges together with a fork. Be careful that the seal is tight to avoid leakage of filling. Cut a slit in top of each pastry to allow steam to escape during baking. Place pasties on lightly greased cookie sheet. Brush tops with milk or cream. Bake at 350 degrees F. for 1 hr. or until pastry is lightly browned. Makes about 8 pasties.

ORANGE CRUNCH CAKE

(A beautiful cake with its own baked in topping)

- 1 1/2 c. chopped walnuts (about 6 oz.)
- 1/3 c. butter
- 3/4 c. fine, dry bread crumbs
- 1/2 c. brown sugar
- 1/4 t. cinnamon
- 1/4 t. salt
- 3 c. cake flour
- 1 T. baking powder (3 t.)
- 1/2 t. salt
- 3/4 c. shortening (part butter)
- 1 T. grated orange rind
- 1 1/4 c. sugar
- 3 eggs, well beaten
- 1/2 c. undiluted evaporated milk
- 1/4 c. orange juice

Chop walnuts very fine, combine with melted butter, bread crumbs, cinnamon and salt. Using the back of a spoon, press this mixture evenly over bottom and sides of 9" tube pan. Set aside while preparing cake batter.

For cake: Sift flour, baking powder and salt. Cream shortening and orange rind, add sugar gradually and cream thoroughly. Add well beaten eggs. Combine evaporated milk and orange juice, add alternately with sifted dry ingredients to first mixture. DO NOT OVERBEAT. Pour batter into pan. Bake at 375 degrees for about 60 minutes or until cake tests done. Remove from oven and cool in pan 30 minutes before removing. Cover with cake plate, carefully invert and remove pan. Cool thoroughly before cutting.

February 27, 1957

PECAN ROLLS

(The sticky kind. . .a recipe from the Pa. Dutch)

- 2 c. scalded milk
- 1 1/2 t. salt
- 1/4 c. sugar
- 1 yeast cake
- 1 1/2 c. warm water
- About 6 c. flour
- 1/4 c. butter
- 1 1/2 c. brown sugar
- 1 t. cinnamon
- 1 c. small whole pecans

Cool milk to lukewarm. Add salt, sugar and yeast cake dissolved in warm water. Add flour to make a soft dough and knead until dough no longer sticks to pastry cloth or board. Put in well greased bowl, grease top of dough. Cover and let rise in a warm place (70 degrees) about 2 hours or until dough doubles in bulk. Roll into a sheet 1/4 inch thick. Spread with melted butter, 3/4 c. of the brown sugar and cinnamon. Roll up like a jelly roll. Cut into slices and place in greased pan which has been sprinkled with remaining 3/4 c. brown sugar. Arrange pecans on brown sugar. Let stand covered until very light. Bake at 400 degrees about 20 minutes.

Note: They say the Dutch still make the best Sticky Buns. For an interesting variation, omit pecans and sprinkle 1 c. currants or raisins over dough before rolling.

CHICKEN CORN CASSEROLE

(Here's a combination of plentiful corn and plentiful chicken--suggested by U.S. Department of Agriculture Home Economists.)

- 1/4 c. butter
- 1/4 c. flour
- 1 1/2 c. hot chicken broth
- 1/2 T. fine chopped onion
- 1 3/4 c. chopped cooked chicken
- 1 1/2 c. whole kernel corn, drained
- 1/2 c. grated American cheese
- 3 T. chopped pimiento
- 1/4 c. dry bread crumbs
- 1/4 t. salt
- Pepper

Melt butter, mix in flour. Add chicken broth, salt, pepper and onion and cook until thickened, stirring constantly. Combine with chicken, corn, cheese and pimiento. Place mixture in a baking pan, top with bread crumbs, and bake in a moderate oven 350 degrees for 45 minutes or until crumbs are brown.

February 28, 1957

DATE FILLED COOKIES

Mrs. Buyck, Henrietta, N. Y.

- 1 1/2 c. brown sugar
- 1 c. shortening
- 2 eggs
- 2 c. flour
- 1 t. cream of tartar
- 1 t. soda
- 1 T. water
- 1 1/2 c. rolled oats
- 1 t. vanilla
- 1 t. salt
- *Date Filling

Cream sugar and shortening together until light and fluffy. Add eggs and beat well. Sift flour, cream of tartar, soda and salt. Add to egg mixture. Add water, rolled oats and vanilla and blend well. Roll cookies thin. Put 1 teaspoon filling on a cookie. Cover with another cookie. Press edges together. Place on lightly greased cookie sheet. Bake at 400 degrees for 10 to 12 minutes or until lightly browned.

*DATE FILLING

- 1/2 pound dates, cut fine
- 1 c. cold water
- 1/2 c. sugar

Combine all ingredients and cook until thick and smooth, stir occasionally. Makes 50 cookies about 2 inches in diameter.

March 1, 1957

BROILED LOBSTER TAILS

- 1 lobster tail per person
- 2 T. butter
- 1/2 c. fine, dry bread crumbs
- 1/2 t. lemon juice
- 1/8 t. salt
- Pepper and paprika
- 1/2 c. butter

Thaw lobster tails. Split along the top hard shell with a heavy knife and open tails butterfly fashion. Turn shell side up and broil for about 5 minutes about 4 inches from source of heat. Turn tails flesh side up and brush well with melted butter. Broil about 4 minutes, brush again with melted butter. Sprinkle top of each lobster with crumb topping made by combining 2 T. butter with bread crumbs, lemon juice, salt and dash of pepper. Broil about 2 minutes longer or until meat is completely white and opaque. Sprinkle with paprika. Serve immediately with additional melted butter and lemon wedges.

CAESAR SALAD

1/4 c. salad oil
1/4 c. lemon juice
1/4 t. Worcestershire sauce
1 clove garlic, cut in halves
Selection of salad greens such as lettuce, curly endive, Romaine, watercress, spinach
2 T. butter
2 slices bread, cut in 1/2 inch cubes
1 clove garlic, for rubbing salad bowl
3/4 c. grated Parmesan cheese
1/2 t. dry mustard
1/2 t. salt
1/2 t. Accent (optional)
1/4 t. pepper
1 egg
Anchovy fillets

Set out a large wooden salad bowl. Combine salad oil, lemon juice, Worcestershire sauce and garlic. Chill in refrigerator at least 1 hour. BE SURE TO REMOVE GARLIC BEFORE ADDING TO SALAD GREENS. Wash salad greens thoroughly. Tear greens as many as desired into bite size pieces (about 2 quarts for this recipe). Chill greens at least 1 hour placing them in large plastic bag or vegetable freshener. Make croutons by heating butter in small skillet and browning bread slowly until crisp and lightly browned. Cool. Rub salad bowl with garlic cut in halves. Remove salad greens from refrigerator and place in salad bowl. Combine cheese, mustard, salt, Accent and pepper. Sprinkle mixture over greens. Shake the chilled dressing and pour over the greens. Break egg into small bowl and beat slightly. Add to seasoned greens. Gently turn and toss salad until greens are well coated with dressing and no trace of egg remains. Add croutons and toss lightly. Top with Anchovy fillets (about 12). Makes 6 to 8 servings.

Note: This is a delicious salad, well worth the little effort to make it. Once you make it, the family (especially the men folk) will request it again and again. Wonderful with steak.

COCOA SPONGE CAKE

3/4 c. sifted cake flour
1/4 c. cocoa
5 egg yolks
1/2 c. sugar
2 T. lemon juice
1 t. grated lemon rind
1 t. vanilla
5 egg whites
1/2 t. salt
1/2 c. sugar

Sift flour and cocoa together. Combine egg yolks, sugar, lemon juice, lemon rind and vanilla. Beat with electric mixer on medium speed until very thick and lemon colored (4 minutes). Beat egg whites until frothy with salt. Add sugar gradually and continue beating until soft peaks are formed and egg whites will not slide in bowl when bowl is partially inverted. Spread the egg-yolk mixture over beaten egg whites and gently fold together. Fold in dry ingredients, sifting in about 1/4 at a time. Fold after each addition. Turn batter into 9 inch tube pan. Bake at 325 degrees for 60 to 65 minutes or until cake springs back when lightly touched. Invert pan to cool. Remove from pan when cold.

March 4, 1957

OVEN MEAL: Baked Pork Chops with Stuffing, Scalloped Corn, Mocha Fudge Pudding, Baked Potatoes, Frozen Green Vegetable.

BOB CROSBY'S FAVORITE

BAKED PORK CHOPS WITH STUFFING

4 pork chops (1/2 inch thick)
3 c. dry bread cubes
2 T. minced onion
1/2 T. poultry seasoning
1/4 c. melted butter
1/4 c. water
1 can canned prepared beef gravy

Brown pork chops and arrange in shallow baking dish. Lightly mix bread cubes, onion and poultry seasoning with butter and water. Pile in mounds on top of each chop. Pour gravy over all; bake in moderate oven 350 degrees F. for 1 hour. 4 servings.

SCALLOPED CORN

2 1/2 c. (No. 2 can) cream-style corn
1/2 c. milk
3 T. butter
1 c. fine, dry bread or cracker crumbs
3 T. finely chopped onion
3 T. finely chopped green pepper
2 T. brown sugar
1 t. salt
1/4 t. pepper
2 t. butter

Combine corn, milk and butter, blend in cracker crumbs, onion, green pepper, brown sugar, salt and pepper. Place in buttered 1 quart casserole. Dot with the 2 t. butter. Bake at 350 degrees for 30 minutes or until lightly browned.

MOCHA FUDGE PUDDING

3/4 c. brown sugar
1/4 c. cocoa
2 T. butter
3/4 c. chopped nuts
1 c. cake flour
3/4 c. sugar
2 T. cocoa
2 t. baking powder
1/4 t. salt
1/2 c. milk
1 t. vanilla
1 1/4 c. hot strong coffee

Butter a 1 1/2 quart casserole. Combine brown sugar and cocoa and set aside. Melt butter, cool. Sift flour, sugar, cocoa, baking powder, cocoa and salt. Combine milk and vanilla. Add melted butter and milk mixture to dry ingredients, stir until blended. Add chopped nuts. Pour batter into casserole. Sprinkle brown sugar-cocoa mixture over top of batter. Pour the hot coffee over all. Bake at 350 degrees for 40 to 45 minutes. Serve warm with ice cream or whipped cream. 6 to 8 servings.

February 5, 1957 (Shrove Tuesday)

FASNACHTS

2 c. milk
1/3 c. shortening
3/4 c. sugar
1 t. salt
2 eggs
1 yeast cake
7 c. flour (about)

Scald milk, stir in sugar and shortening, cool to lukewarm. Add salt, beat eggs and add to milk. Soften yeast in 2 T. warm water. Add yeast to cooled milk. Add enough flour to make a soft dough, knead well until dough is smooth and elastic. Cover and let rise until double in bulk or let rise in refrigerator overnight. Roll dough to 1/4 inch thickness. Cut into 2" squares and make a slit in the center. Cover and let rise until light (about 3/4 hour). Fry at 360 degrees for about 2 minutes. Roll in sugar while warm.

LAMB SHANKS STUFFED WITH RICE

6 lamb shanks
3 T. shortening
2 t. salt
1/8 t. pepper
Water
3/4 c. rice
1/2 c. chopped celery
1 t. poultry seasoning

Brown lamb shanks in shortening, pour off drippings. Add salt and pepper and enough water to cover the shanks. Cover and simmer until meat is tender (about 2 hours). Remove the shanks from the broth and let cool, gently remove the bones. (They will slip out easily when the meat is tender.) For the stuffing cook rice in the lamb broth until tender. Drain the rice and add 1/2 c. of the broth, chopped celery and poultry seasoning. Stuff the shanks with this mixture. Pour the remaining broth over the shanks and heat in oven at 350 degrees until heated through.

March 6, 1957 (Ash Wednesday)

SAVORY SALMON CASSEROLE

(This is also National Salmon Week—March 6-13)

1/4 c. butter
1/3 c. onion, chopped
1/4 c. celery, diced
1/4 c. green pepper, chopped
1/2 c. mushrooms, sliced
3 T. flour
1 1/2 t. salt
1/4 t. pepper
1 tall can evaporated milk (1 2/3 c.)
1 c. water
1 can salmon (1 pound)
2 c. fresh, frozen or canned peas
2 c. crushed potato chips

Saute onions, green peppers, celery and mushrooms in melted butter until lightly browned. Add flour, salt, pepper; mix well. Gradually stir in evaporated milk and water; cook until smooth and thickened, stirring constantly. Alternate layers of salmon, peas, cream sauce and potato chips in buttered 2 quart casserole. End with potato chips, dot with butter. Cover. Bake at 375 degrees for 25 minutes. Uncover. Bake 10 minutes longer. When using individual casseroles, cut cooking time in half. 6 servings.

MOCK APPLE PIE

Pastry for 2 crust pie
1 1/2 c. sugar
1 1/2 c. water
1 t. cream of tartar
1 t. cinnamon
1/4 t. nutmeg
16 unsalted soda crackers (about 3 c. broken)

Combine in saucepan sugar, water, cream of tartar and spices. Stir over low heat until sugar is dissolved. Boil rapidly for 5 minutes. Remove from heat, cool. Put broken crackers into pastry lined 9" pie plate. Pour cooled sirup evenly over soda cracker pieces. Cover with top crust as for any 2 crust pie. Bake at 450 degrees for 10 minutes, reduce heat to 350 degrees and bake 40 minutes longer or until golden brown.

March 7, 1957

TRUDY'S TOFFEE TREATS

1/2 c. brown sugar
1/2 c. white sugar
1 c. shortening
2 t. vanilla
1/2 t. salt
2 eggs
1 c. quick cooking rolled oats
2 c. chocolate bits
3/4 c. chopped nuts
1 c. flour

Cream sugars and shortening. Add vanilla, salt and eggs, beat until smooth and creamy. Sift flour, add to first mixture with rolled oats. Spread batter in well greased 11 x 7 inch pan. Bake at 350 degrees for 45 minutes or until lightly browned. Melt chocolate bits. Pour over baked layer, spread evenly, sprinkle nuts over top. Let stand until chocolate is set.

March 8, 1957

EPICURE SALMON LOAF

1 1/4 c. (about 7 oz.) ground toasted almonds
1 lb. can salmon
1 1/2 c. medium white sauce
3 egg yolks
1 1/2 c. soft bread crumbs
1/4 c. chopped onion
4 drops Tabasco
1 1/2 t. salt
1/2 t. Accent (optional)
1/2 t. paprika
3 egg whites

Combine all ingredients except egg whites. Beat egg whites and fold them into fish mixture. Pour into greased 9 1/2 x 5 1/4 x 2 3/4 inch loaf pan. Place pan in another pan containing boiling water, bake at 350 degrees about 1 1/4 hours. Unmold, garnish with parsley and lemon slices.

CREAMY COLE SLAW

1/2 c. mayonnaise
1/4 c. sour cream
1 T. lemon juice
2 t. celery seed
1 t. sugar
1/4 t. salt
Few grains pepper
3/4 lb. cabbage, shredded (about 3 c.)
3 apples, washed, core, slice thin

Blend together mayonnaise, sour cream and lemon juice. Add celery seed, sugar, salt and pepper. Chill. Wash and finely shred or chop cabbage. Cover and place in refrigerator to chill. Shortly before serving time remove cabbage from refrigerator and pour over enough chilled dressing to moisten. Add apples and toss gently. Add more dressing if desired. 6 servings.

ELEGANT CHEESE CAKE

1 1/2 c. fine zweiback crumbs
2 T. butter
2 T. sugar
1/2 c. sugar
2 T. flour
1/4 t. salt
1 pound cream cheese
1 t. vanilla
4 egg yolks
1 c. light cream
4 egg whites

Blend crumbs, butter and 2 T. sugar; press onto bottom of 9" spring form pan. Blend 1/2 c. sugar with flour, salt and cream cheese which has been softened at room temperature. Add vanilla. Stir in egg yolks and mix well. Add cream and blend thoroughly. Fold in stiffly beaten egg whites; pour the mixture on top of the crumbs. Bake in moderate oven 325 degrees for 1 1/4 hours or until set in the center. Serves 8 to 10

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March 25, 1957

SKILLET SHOULDER CHOPS HAWAIIAN

6 pork shoulder chops, about 1/2 inch thick
Salt and pepper
1 T. shortening
1 can (20 ounces) pineapple chunks
3/4 c. water
1 T. flour

Sprinkle pork chops with salt and pepper. Brown slowly in shortening. Drain off fat. Drain pineapple; reserve. Combine pineapple syrup and water; measure 3/4 c. of the liquid. Add about 1/4 c. of the measured liquid to skillet. Cover and braise over low heat 50 minutes, adding more of the measured liquid as it cooks away. Remove chops; keep warm. Spoon off clear fat; return 2 T. to skillet. Add flour; stir to a smooth paste. Add remaining pineapple-water mixture and cook, stirring constantly until mixture thickens and comes to a boil. Add chops to gravy; top with pineapple chunks. Cover and simmer 15 minutes longer. Yield: 6 servings.

APPLE MUFFINS

1/4 c. butter
1/3 c. sugar
1 egg
2 1/2 c. cake flour
1/2 t. salt
4 t. baking powder
1 c. milk
1 c. peeled and finely diced apple
Cinnamon-sugar

Cream butter and sugar. Add egg and beat well. Sift flour, salt and baking powder, add alternately with milk to first mixture. Fold in apple. Fill greased muffin tins 2/3 full. Sprinkle with cinnamon and sugar if desired. Bake at 400 degrees for 25 to 30 minutes.

NO-BAKE CHEESE CAKE

2 T. unflavored gelatin
3/4 c. sugar, divided
1/4 t. salt
3 eggs, separated
1 1/3 c. evaporated milk
1 T. grated lemon rind
1/4 c. lemon juice
1 t. vanilla
3 c. (24 ounces) creamed cottage cheese

Mix gelatin, 1/2 c. of the sugar and salt in top of double boiler. Beat together egg yolks and evaporated milk; add to gelatin mixture. Cook over boiling water stirring until gelatin dissolves and mixture thickens slightly. Remove from heat; add lemon rind, lemon juice, and vanilla; cool. Sieve cottage cheese into large mixing bowl or beat with electric beater until smooth. Stir in cooled gelatin mixture. Chill, stirring occasionally, until mixture mounds slightly when dropped from a spoon. While mixture is chilling, prepare *Crumb Topping and set aside. Beat egg whites until stiff, but not dry. Gradually add remaining 1/4 c. of sugar and beat until very stiff. Fold into gelatin-cheese mixture.

*Crumb Topping:

2 T. melted butter
1 T. sugar
1/4 t. nutmeg
1/2 c. graham cracker crumbs
1/4 t. cinnamon

Mix together all ingredients. Turn cheese cake mixture into an 8 inch spring form pan; sprinkle with crumbs. Chill until firm. If desired an 8 or 9 inch square pan may be used; line with waxed paper. Press crumb mixture in bottom of pan, turn in cheese cake mixture. Yield: 10 - 12 servings.

March 26, 1957

DEVILED EGGS WITH SHRIMP ON RICE

A Lenten Casserole--Nice enough for a party

6 hard-cooked eggs
3 T. mayonnaise
4 T. vinegar
1/4 t. salt
1/8 t. dry mustard
Dash pepper
1 c. cooked shrimp
1 1/3 c. packaged, precooked rice
1 1/2 c. water
1/2 t. salt
4 T. butter
3 T. flour
2 c. light cream or top milk
1 1/2 t. grated onion
1 t. curry powder

Cut eggs in half. Remove yolks and force through a sieve. Add mayonnaise, vinegar, salt, mustard and pepper and mix well. Cut shrimp into small pieces and add. Fill egg whites with the mixture. Combine rice, water and salt in saucepan. Mix just until all rice is moistened. Bring quickly to a boil over high heat, uncovered, fluffing rice gently once or twice with a fork. DO NOT STIR. Cover and remove from heat. Let stand 10 minutes. Melt butter in saucepan. Add flour and stir until blended. Add milk or cream gradually, stirring constantly until thick and smooth. Add onion and curry powder. Place deviled eggs on bed of rice and top with the sauce. Garnish with parsley. 4 servings.

TRUDY'S TEA CAKES

1 egg
3/4 c. sugar
1 c. sour cream
1/2 t. vanilla
1 1/2 c. flour
1/2 t. soda
1/8 t. salt
1/2 t. nutmeg

Beat together egg and sugar until fluffy. Add sour cream and vanilla. Sift flour, soda, salt and nutmeg. Add to first mixture. Pour into greased muffin tins and bake at 350 degrees for 35 minutes. Delicious, will keep a long time if you hide them.

March 27, 1957

STUFFED HALIBUT STEAKS

2 slices halibut, 1/2 inch thick
1/2 t. salt
1/8 t. pepper
1 T. lemon juice
1/2 c. butter or margarine
*Stuffing

Place one slice halibut on sheet of aluminum foil or into well buttered shallow baking pan. Sprinkle with half the salt and pepper. Mix lemon juice with butter. Brush over halibut slice. Pile stuffing lightly on fish. Cover with second slice. Sprinkle with remaining salt and pepper. Brush generously with lemon juice and butter. Bake uncovered at 350 degrees for 40 to 45 minutes. Baste frequently with butter-lemon juice (3 or 4 times) during baking. Serve hot with lemon wedges. (Salmon steaks may be used instead of halibut.)

*Stuffing:

1 c. coarse cracker crumbs
1/2 t. salt
1/8 t. pepper
1 T. chopped parsley
1 c. chopped celery
1/4 c. melted butter
1/4 c. milk (about)
Dash of Tabasco sauce

Cook celery gently in butter about 5 minutes. Remove from heat, add remaining ingredients, mixing well. Add only enough milk to make stuffing moist but not wet. 6 servings.

SWEET-SOUR BEETS (A Gourmet Vegetable)

1 can tiny beets
2 T. butter
2 T. sugar
1 1/2 T. flour
2 T. lemon juice
1/3 c. beet juice
1 c. hot cream
Ground nut meats

Drain beets. Melt butter, add sugar and flour. Mix well. Blend in lemon juice and beet juice and cook until thickened. Place beets in casserole. Combine beet mixture and cream. Pour over beets, cover with any kind of ground nuts. Bake in oven with fish for about 15 minutes or until very hot.

OLD FASHIONED COLE SLAW

(This dish derives its name from the Anglo-Saxon word for cabbage, cal, and the Dutch word, sla, meaning salad.)

3 c. finely shredded cabbage
3 T. sugar
1/2 t. salt
Dash pepper
1 c. sour cream
1/4 c. vinegar

Combine cabbage, sugar, salt and pepper. Chill thoroughly. Add sour cream and vinegar. Toss lightly and serve.

LEMON PUDDING CAKE

1 1/2 T. butter
3/4 c. sugar
2 t. grated lemon rind
3 T. flour
3 egg yolks
1/4 c. lemon juice
1 c. milk
3 egg whites, stiffly beaten
Pinch salt

Cream butter and sugar, add egg yolks and beat well. Stir in flour alternately with lemon juice and milk. Fold in egg whites beaten with salt. Pour into well buttered casserole. Set the casserole in a pan of hot water and bake at 350 degrees for about 1 hour.

Note: Fish, beets and cake may all be baked together allowing for individual times as suggested in each recipe.

March 28, 1957

DATE-NUT DROPS

1 1/2 c. flour	1/2 c. shortening
1/2 t. salt	1 c. brown sugar
1/2 t. soda	1/4 c. milk
3/4 t. baking powder	1 egg
1 t. cinnamon	1/4 pound pitted dates, cut up
1/2 t. ground cloves	

1/2 c. chopped walnuts

Sift together 1 1/4 c. flour, salt, soda, baking powder, cinnamon and cloves. Mix remaining 1/4 c. flour with dates and nuts. Cream shortening and sugar, add egg and mix well. Add sifted dry ingredients alternately with milk to creamed mixture. Stir in floured dates and nuts. Drop by teaspoonfuls on greased cooky sheets. Bake at 375 degrees for 10 to 15 minutes. Yield: 3 dozen cookies.

March 29, 1957

SCALLOPS AND RICE AU GRATIN

1 pound scallops, fresh or frozen	1/4 c. butter
1/4 c. chopped onion	1/4 c. flour
1/2 c. chopped celery	1 t. salt
1/2 c. chopped green pepper	Dash pepper
	1 c. milk
	2 c. cooked rice

1 c. grated cheese

Thaw frozen scallops. Remove any shell particles and coarsely chop. Cook onion, celery and green pepper in butter until tender. Blend in flour and seasonings. Add milk gradually and cook until thick, stirring constantly. Add scallops. Place one half of rice in well greased 1 1/2 quart casserole, cover with half the scallop mixture and one half the cheese. Repeat. Bake at 350 degrees for 25 to 30 minutes or until brown.

DATE MACAROON PIE

12 saltines, rolled fine	1/2 t. baking powder
12 dates, chopped	1 t. almond flavoring
1/2 c. walnuts, chopped	1 t. water
1 c. sugar	3 egg whites

Combine all ingredients except egg whites. Beat egg whites until stiff, fold in other ingredients. Place in buttered 9 inch pie plate. Bake at 325 to 350 degrees for 30 minutes. Serve with ice cream or sweetened whipped cream. Note: May be baked with fish.

April 1, 1957

CHOCOLATE APRIL FOOL'S CAKE

1 T. unflavored gelatin	3 eggs, separated
1/2 c. sugar, divided	1/4 t. cream of tartar
1/4 t. salt	1 t. vanilla
1 1/2 c. milk	1 c. heavy cream, whipped
1 c. semi-sweet chocolate bits	

To prepare pan, lightly grease a 6 c. loaf pan. Line with 2 strips waxed paper cut to fit. Have ends extend a little above sides of pan. Set aside. Mix together gelatin, 1/4 c. of the sugar and the salt in saucepan. Stir in milk. Reserve 2 T. of the morsels. Add remaining semi-sweet chocolate bits and egg yolks. Place over low heat, stirring constantly, until gelatin is dissolved and chocolate is melted, about 8 to 10 minutes. Remove from heat. Beat with rotary beater to blend chocolate. Add vanilla. Chill until mixture begins to thicken. Beat egg whites until foamy, add cream of tartar and beat until stiff but not dry. Gradually add remaining 1/4 c. sugar and beat until very stiff. Fold in chocolate mixture. Turn into prepared pan; chill until firm. Unmold: "frost" top and sides with whipped cream; garnish with remaining semi-sweet chocolate bits and pecans. Yield: 6 to 8 servings.

ORIENTAL LAMB STEW

2 pounds boneless lamb for stew, cut in 1 1/2 inch cubes	1 can (1 lb. 13 oz.) tomatoes
2 T. shortening	3 T. flour
2 T. chopped onion	1/2 c. water
1 T. chili powder	1/8 t. lemon juice
Salt	8 ripe or green olives, chopped

3 c. cooked rice

Brown lamb in shortening. Pour off drippings. Add onion, chili powder and tomatoes. Cover tightly and cook slowly for 1 1/2 hours or until meat is tender. Thicken with flour mixed with water. Just before serving add lemon juice and chopped olives and salt to taste. Serve on hot rice. 6 to 8 servings.

April 2, 1957

BUFFET CHICKEN CASSEROLE

2 packages frozen broccoli	Grated Parmesan cheese
1 stewing chicken	1/2 pound mushrooms
Salt and pepper	1/4 c. butter
	Parmesan cheese

*Sauce Parisienne

Cook broccoli in boiling unsalted water until tender but not mushy. Cook chicken in water until tender. Drain broccoli and reserve. Cool chicken, remove meat from bones and dice chicken in rather large pieces. Arrange broccoli on bottom of well buttered flat baking dish. Sprinkle with salt and pepper, pour about 1/3 of Sauce Parisienne over it. Sprinkle with Parmesan cheese. Clean and slice mushrooms and saute in butter until tender. Arrange mushrooms on top of sauce, add chicken. Cover with remaining sauce, sprinkle generously with Parmesan cheese. Bake at 350 degrees for about 30 minutes.

*SAUCE PARISIENNE

1/3 c. butter or chicken fat	2 1/2 c. chicken stock or light cream
1/2 c. flour	1 t. salt

Melt butter or fat, add flour and mix well. Add chicken stock and cook until thickened stirring constantly. Serves 6.

PARADISE SALAD
from Eleanor

1 pkg. lime gelatin	1 c. sour cream
1/2 c. boiling water	1 small can crushed pineapple

Dissolve gelatin in boiling water. Add sour cream and crushed pineapple. Pour into individual molds and chill until firm.

ANGEL PIE (Special Request)

Part 1. The Meringue Crust:

3 egg whites	1 t. vinegar
1/8 t. salt	1 c. sugar

Add salt and vinegar to egg whites. Beat until stiff. Add sugar gradually and beat until very stiff. Spread in well buttered 9 inch pie tin, shaping to form a shell. Bake at 275 degrees for 1 hour. Turn oven off and allow shell to remain for 30 minutes. This helps to insure a crisp meringue.

Part 2. The Filling:

1 T. unflavored gelatin	4 egg yolks, beaten
1/2 c. cold water	1 c. sugar
1/3 c. lemon juice	1 t. grated lemon rind
1/2 t. salt	4 egg whites, stiffly beaten

Soften gelatin in cold water. Combine lemon juice, salt, egg yolks and 1/2 c. of the sugar. Cook over hot water until of custard consistency, stirring constantly. Add softened gelatin and lemon rind. Cool and when mixture begins to thicken fold in egg whites beaten with remaining 1/2 c. sugar. Pour in baked meringue shell. Chill until firm. 8 servings.

April 3, 1957

BARBECUED HAMBURGER PATTIES

1/2 c. soft bread crumbs	2 T. Worcestershire sauce
1/4 c. milk	1 T. vinegar
1 pound hamburger	2 T. sugar
Salt and pepper	1/3 c. ketchup
2 T. shortening	1 onion, chopped

Moisten bread crumbs with [illegible] and pepper. Form into 4 [illegible] on both sides in shortening. Add remaining ingredients. Cover and cook 10 minutes. 4 servings.

HAWAIIAN PINEAPPLE FLUFF

4 egg yolks	1 1/2 c. drained crushed pineapple (No. 2 can)
1/2 c. sugar	
2 T. lemon juice	4 egg whites, beaten stiff with
Dash salt	
1 T. unflavored gelatin	4 T. sugar
1/2 c. pineapple syrup	

Beat egg yolks in top of double boiler until thick, beat in sugar and lemon juice and salt. Cook over hot water, stirring constantly until thickened. Remove from heat, stir in softened gelatin and drained crushed pineapple. Fold this mixture carefully into stiffly beaten egg whites. Spoon into individual sherbet dishes or custard cups. Chill several hours. 10 servings.

April 4, 1957

GINGER SNAPS

3/4 c. shortening	1 t. ginger
1 c. sugar	1 t. cinnamon
1/4 c. molasses	1 t. cloves
1 egg	1/2 t. salt
2 t. soda	2 1/2 c. flour

Cream shortening and sugar together. Add molasses and egg and beat until very creamy. Measure and sift dry ingredients, add to first mixture. Roll dough into small balls. Dip in granulated sugar. Press flat on lightly greased cookie sheet. Bake 375 degrees about 12 minutes. Yield: 3 dozen.

April 5, 1957

ANOTHER LENTEN SUGGESTION
MUSHROOM LASAGNA

8 ounces Lasagna	1 c. light cream
1 pound fresh mushrooms	Salt and pepper
3 T. butter	1/2 pound Mozzarella cheese
2 T. flour	Grated Parmesan cheese

Boil lasagna twenty minutes, or until tender, stirring frequently so it won't stick together. Meantime, clean and slice mushrooms. Saute mushrooms in butter for 5 minutes. Add flour and blend. Add cream and stir until sauce is thickened. Season to taste with salt and pepper. Slice mozzarella thinly. When lasagna is done, drain well. In a baking dish make layers of lasagna, mushroom sauce and mozzarella until used up. Cover with grated Parmesan and bake at 400 degrees for 20 to 25 minutes or until mozzarella is melted and Parmesan is lightly browned. Yield: 4 servings.

LEMON MERINGUE PIE (Special Request)

1 1/2 c. sugar	3 eggs, separated
6 T. cornstarch	1/4 c. lemon juice
1 3/4 c. boiling water	1 t. grated lemon rind

3 T. butter

Mix sugar and cornstarch. Add boiling water gradually. Cook until thickened, stirring constantly. Add a small amount of the cornstarch mixture to the slightly beaten egg yolks, then add to the hot mixture. Cook for 1 minute, stirring constantly. Remove from heat, add lemon juice, rind and butter. Stir well. Pour into baked pie shell. Yield: 1--9" pie.

The Meringue:

3 egg whites	6 T. sugar
1/4 t. cream of tartar	1/8 t. salt

Beat egg whites until frothy. Add cream of tartar and salt. Beat until stiff, add sugar gradually and continue beating until meringue will stand in stiff peaks. Pile lightly on hot filling. Spread to edges of crust. Bake at 400 degrees for 5 minutes until lightly browned.

TRUDY MC NALL'S

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April 8, 1957

TUNA A LA KING

1/4 c. butter or margarine	2 cans tuna fish (7 oz.)
3 hard cooked eggs	1 pimiento, diced
[illegible] T. flour	1 T. chopped green pepper
[illegible] prepared mustard	1/2 c. sauteed mushrooms (canned or fresh)
[illegible] t. salt	
Dash pepper	
2 c. milk	1 T. lemon juice

Melt butter, add mashed egg yolks, flour and seasonings. Add milk gradually and cook stirring constantly until mixture thickens. Add diced egg whites and remaining ingredients. Serve in patty shells or over baking powder biscuits.

MOLASSES ORANGE SUGAR SQUARES

(Senior Winner in Pillsbury's 7th Grand National Recipe and Baking Contest by Mrs. Joseph Manners, Atlantic City, New Jersey)

1 3/4 c. flour	1/2 c. molasses
1 t. baking powder	1/3 c. shortening
1/2 t. soda	2 eggs
1/2 t. salt	1 T. grated orange rind
1/2 c. sugar	1 t. vanilla
1/2 c. diluted evaporated milk	1/3 c. granulated sugar
	2 T. grated orange rind

Sift flour, baking powder, soda, and salt into large mixing bowl. Add sugar, milk, molasses, shortening, eggs, 1 T. orange rind and vanilla. Beat for 2 minutes. Pour into 13 x 9 x 2 inch pan, well greased and lightly floured on the bottom only. Combine 1/3 c. sugar and 2 T. orange rind; sprinkle over batter. Bake at 350 degrees for 30 to 35 minutes. Serve with whipped cream if desired.

April 9, 1957

HAM AND PINEAPPLE BROILER DINNER

Smoked ham slice, cut 1 inch thick	6 pineapple rings
4 c. cooked rice	2 T. butter
	*Pineapple Raisin Sauce

Spoon cooked rice into bottom of broiler pan. Place ham slice on broiler rack. Insert broiler rack and pan so the top surface of the meat is 2 to 3 inches from the heat. Broil until ham is nicely browned, about 10 minutes. Turn ham and place pineapple rings on rack. Brush pineapple with butter. Broil until browned, about 10 minutes. Serve ham and pineapple on rice with Pineapple-Raisin Sauce. 4 to 6 servings.

*PINEAPPLE-RAISIN SAUCE

1 c. pineapple juice	2 T. cornstarch
1 c. water	2 T. brown sugar
1/2 c. seedless raisins	1/4 c. water

Combine pineapple [illegible], 1 c. water and raisins in saucepan. Simm[illegible] 10 minutes. Mix together cornstarch, brown sugar and 1/4 c. water. Add to raisin mixture, cook, stirring constantly, until thickened.

STRAWBERRY TARTS

Shortbread Crust:

1 c. plus 3 T. flour	1/4 t. salt
1/4 c. sugar	1 T. water
1/2 c. butter or margarine	1/2 t. vanilla

Cream sugar, butter, salt, water and vanilla. Add flour and mix well. Roll dough 1/4 inch thick, cut with 2 1/2 inch cookie cutter and pat into 3" patty or tart shells. Bake at 425 degrees for 15 minutes. Let cool slightly, tap shell form gently and crust should fall out. Note: Not necessary to grease tart shells, those with fluted sides very pretty. Makes 8--3 inch tart shells.

Strawberry Filling:

1 c. frozen strawberries, well drained (whole or sliced)	1/8 t. salt
	1 T. Clear Jel or 1 1/2 T. cornstarch
1 c. strawberry juice	Red coloring if desired

Mix Clear Jel with enough of the cold strawberry juice to dissolve. Add remaining juice, cook until thick and clear, stirring constantly. Add salt and red coloring. When mixture cools, fill tart shells with strawberries, spoon glaze over top. Top with whipped cream, chill thoroughly. Note: Use fresh berries when in season, arrange fresh berries, sliced if large, in tart shells. Crush 1 c. berries, add 1 c. water, cook until color is out of berries, strain. Measure 1 c. juice, boil to 1 c. if you have more than a cup, add water to make 1 c. if not enough. Proceed as above, but when mixture is thickened add 1/2 c. sugar and cook until sugar is dissolved. Cool. Spoon over berries in tart shells.

April 10, 1957

"DO-IT-YOURSELF" PIZZA PARTY

This party is fun and easy. Fun, because it gives everyone a chance to get into the act. Each guest chooses his own favorite topping. The guests have something to do and that makes a gay party, lots of conversation. Easy because the hostess can make the simple preparations in advance.

INDIVIDUAL PIZZA SHELLS

1 package Hot Roll Mix 1 c. warm water
6 9" aluminum foil pie plates

Place 1 c. warm water in mixing bowl. Sprinkle yeast over water; stir to dissolve. Add Hot Roll Mix. Stir thoroughly. Shape into long roll and divide into 6 equal parts. Roll each part out very thin on floured board to fit 9" foil pie plates. Pat dough circles into pie plates. Press up to inner rim—not over edge—of each pie plate. Oil dough lightly. Refrigerate until party time. Stack plates with waxed paper between so dough won't stick.

PIZZA SAUCE

1 c. minced onion	2 t. salt
2 T. salad or olive oil	1 t. oregano
2 8 oz. cans tomato sauce	1/4 t. garlic salt
2 6 oz. cans tomato paste	1/4 t. pepper

Saute onion in oil until golden brown; add the remaining ingredients. (No cooking, flavors will blend when the pizzas are baked.)

PIZZA TOPPINGS

Shredded cheddar cheese, sliced mozzarella cheese, grated Parmesan or Romano cheese, Italian sausage, salami, pepperoni, cooked or canned pork sausage, mushrooms, shrimp, tuna, anchovies, sardines.

Name Flags: Cut triangles from aluminum foil and wrap around toothpicks. Use a dull pencil to write names on flags.

After sauce and toppings have been put on, bake pizzas 15-20 minutes at 450 degrees F.

The Party:
When the party starts, each guest gets an unbaked pizza shell which he spreads with pizza sauce and cheese--shrimp, pepperoni, sardines, pork sausage or whatever his favorites may be. To identify his masterpiece, he plants a little foil name flag in the center. By the time coffee is brewed, and salad is tossed, dinner is ready.

APPLESAUCE CAKE ROLL

(Bride 3rd prize winner in Pillsbury Grand National Recipe and Baking Contest by Jill Kully, Berkeley, California.)

1 c. flour	1/2 c. raisins
1/2 t. baking powder	Sifted confectioners sugar
1/2 t. soda	
1/4 t. salt	
1/2 t. cinnamon	Filling:
1/4 t. cloves	
3 eggs	6 ounces cream cheese
3/4 c. sugar	3 T. evaporated milk
1/2 c. sweetened applesauce	1 T. grated orange rind
	1/4 c. sugar

Sift flour, baking powder, soda, salt and spices. Beat eggs until thick, add sugar gradually and beat until thick and ivory colored. DO NOT UNDERBEAT. Fold in applesauce and raisins. Gently fold in dry ingredients one-third at a time, until all dry particles disappear, do not stir. Grease jelly roll pan lightly, line with waxed paper, grease again and flour lightly. Spread batter in pan. Bake at 375 degrees 15 to 20 minutes. Turn out immediately onto towel sprinkled with confectioners sugar. Remove paper; trim cake edges. Roll up in towel, starting with an end. Cool 10 minutes; unroll. Spread with cream cheese filling, leaving 1/2 inch uncovered along end; roll again. Chill on serving plate, seam side down. Yield: 10 1-inch slices. For filling combine softened cream cheese, milk, orange rind and sugar; beat until of spreading consistency.

April 11, 1957

CHOCOLATE CHIP CREAM COOKIES

2 1/2 c. flour	2 eggs
1/2 t. salt	1 t. vanilla
1/2 t. baking powder	1 c. dairy sour cream
1 t. soda	1 c. chopped nuts
1/2 c. butter	2 6 oz. packages semi-sweet chocolate bits
1 1/2 c. brown sugar	

Sift dry ingredients. Cream butter and sugar. Add eggs and vanilla and mix well. Add sifted dry ingredients alternately with sour cream. Add chopped nuts and chocolate and blend. Drop by teaspoonfuls on lightly greased cooky sheet. Bake at 375 degrees for 10 minutes or until browned.

April 12, 1957

HALIBUT WITH SHRIMP SAUCE

(Frozen shrimp soup is the short cut to a delicious winy seafood sauce.)

3 pounds halibut steak	2 cans (10 oz.) frozen cream of shrimp soup, thawed
3/4 t. salt	3/4 c. dry white table wine
1/8 t. pepper	Parsley, minced
1 t. seasoned salt	

Cut fish in serving pieces, arrange in single layer in buttered baking dish. Sprinkle with salt, pepper and Accent. Mix together soup and wine and spoon over fish. Bake uncovered in moderate oven 350 degrees for 30 minutes. Sprinkle with minced parsley. Serves 6 to 8.

Note: For a vegetable serve fresh asparagus. To prepare, break off and discard lower parts of stalks as far down as they will snap from. Wash remaining portions and remove scales to dislodge any sand. Cook in small amount of boiling salted water for 10 to 15 minutes or just until tender. I like to use a skillet large enough so the stalks will not become broken.

BAKE A PUDDING WITH THE FISH

APPLE PUFF PUDDING

4 medium tart apples, sliced	Grated rind 1 lemon
1/2 c. water	2 eggs, separated
1 c. sugar	1/2 t. salt
1/2 t. cinnamon	3 T. flour
1/4 t. nutmeg	1 T. milk
	1/2 c. chopped nuts

Cook apples slightly in water until barely tender, but not mushy. Pour into buttered 9 inch square baking dish. Sprinkle with 1/2 c. of sugar, cinnamon, nutmeg and lemon rind. Beat egg yolks until thick; add remaining 1/2 c. sugar, salt, flour and milk, beat until smooth. Beat egg whites until stiff and fold in yolk mixture. Spoon over the apple slices and sprinkle with nut meats. Bake at 350 degrees for 30 minutes. Serve warm. Serves 6. Delicious with whipped cream or vanilla ice cream.

April 15, 1957

A SOUP FOR SPRING

"CREAM OF ASPARAGUS" (Use your Blendor)

1--12 oz. package frozen asparagus or 1 bunch fresh	1 T. butter
2 c. milk	1 1/2 t. salt
	Dash pepper

Cook asparagus until tender in small amount boiling water. Drain. Place 1 c. milk in blendor, add cooked asparagus to it gradually, blending well. Add remaining milk. Heat to serving in saucepan. Add butter and seasonings. Makes 4 servings.

WONDERFUL FRENCH BRIOCHE

1 pkg. active dry or 1 cake compressed yeast	1/2 t. salt
1/4 c. water (lukewarm)	3 1/4 c. flour
1/2 c. milk, scalded	3 eggs, beaten
1/2 c. butter	1 egg yolk, beaten
1/3 c. sugar	1 egg white, slightly beaten
	1 T. sugar

Soften yeast in lukewarm water. Cool milk to lukewarm. Cream butter, the 1/3 c. sugar and salt. Add milk to creamed mixture; add 1 c. of the flour. Add softened yeast, eggs and egg yolk and beat well. Stir in remaining flour. Beat 5 to 8 minutes. Cover and let rise in warm place until double in bulk (about 2 hours). Stir down; beat well. Cover tightly with aluminum foil; place in refrigerator overnight. Stir down; turn dough out on lightly floured pastry cloth or board. Divide dough in 4 balls. Set one section aside. Cut other sections (3) in half and make 4 balls from each section (24 in all). Place large balls in well greased muffin tins. Poke indentation in top of each and moisten hole with water. Make 24 small balls from remaining dough and press small ball in each indentation. Cover and let rise in warm place until double in bulk, about 1 hour. Combine egg white and 1 T. sugar, brush tops with mixture. Bake at 375 degrees about 15 minutes. Serve warm. Makes 2 dozen.

April 16, 1957

CHICKEN LEGS PIQUANT

6 chicken legs and thighs	2 T. vinegar
2 T. butter	1 T. Nances mustard
1 c. celery, chopped	1 c. water
1 c. onions, chopped	1 t. salt
1 bottle (14 oz.) ketchup	1/8 t. pepper

Saute chicken in butter until lightly browned; remove to greased 2 quart casserole. Using same skillet combine celery and remaining ingredients, simmer 10 minutes. Pour sauce over chicken. Cover; bake 1 hour at 375 degrees. Uncover; bake 30 minutes more, basting occasionally. Makes 6 servings.

Note: Have you tried NANCES mustard yet? Look for the new bottle—same wonderful product.

A Coffee Cake to Bake with Chicken. . .

PINEAPPLE COFFEE CAKE

1 1/2 c. flour	1 c. dairy sour cream
2 t. baking powder	1/2 c. drained crushed pineapple
1/2 t. soda	1/2 c. brown sugar
1/2 t. salt	1/4 c. light corn syrup
1/2 t. cinnamon	1/2 c. chopped walnuts
1/4 t. nutmeg	1/2 c. shredded coconut
1 egg, beaten	

Sift flour, baking powder, soda, salt and spices. Combine egg, sour cream, pineapple, brown sugar and add to dry ingredients stirring only until flour is moistened. Brush bottom of 8" buttered square pan with corn syrup. Sprinkle nuts and coconut over syrup. Spread batter over topping. Bake at 375 degrees 25 to 30 minutes. Cut into squares and serve warm.

April 17, 1957

HOT CROSS BUNS

2 yeast cakes	1 c. flour
1/3 c. water, warm	1/2 t. cinnamon
1/3 c. milk, scalded	3 eggs
1/3 c. sugar	2/3 c. currants
3/4 t. salt	2 1/2 c. flour (about)
1/2 c. melted butter	1 egg white

*Confectioners sugar icing

Soften yeast in warm water. Combine milk, sugar, salt and butter, cool to lukewarm. Sift 1 c. flour with cinnamon; stir into milk mixture. Add eggs, beat well. Stir in yeast and currants. Add remaining flour to make a soft dough. Cover with damp cloth and let rise until doubled in bulk (about 1 1/2 hours). Punch down. Roll out 1/2 inch thick. Cut in rounds with 2 1/2 inch cookie cutter; shape into buns. Place on lightly greased cookie sheet about 1 1/2 inches apart. Cover and let rise until almost double (about 1 hour). Cut shallow cross on each bun with scissors. Brush tops with slightly beaten egg white. Bake at 375 degrees 12 to 15 minutes. Makes 2 dozen. *For white cross on top add about 3/4 c. confectioners sugar to remaining egg white. Use this as a frosting to fill in cross on warm buns.

BAKED SALMON WITH MUSHROOMS

2 pounds salmon steaks	1 can (4 ounces) mushrooms or 1/4 pound sauteed fresh
1 t. salt	
Dash pepper	

1/4 c. butter
2 T. lemon juice

Place steaks in single layer in well buttered 11 x 7 x 1 1/2 inch baking dish. Combine mushrooms, butter and lemon juice. Sprinkle steaks with salt and pepper, pour mushroom mixture over steaks. Bake uncovered at 350 degrees for 30 to 35 minutes. Serves 6.

April 18, 1957

CARRIE'S ICE BOX COOKIES

1 c. brown sugar	1 c. chopped nuts
1 c. white sugar	1 t. cinnamon
1/2 c. shortening	2 t. soda
1/4 t. salt	4 1/2 c. flour

3 eggs

Cream shortening and sugars, add eggs and mix well. Sift dry ingredients and add with nuts. Shape into roll. Chill in refrigerator overnight. Slice thin and bake on ungreased cookie sheet at 375 degrees for 10 to 12 minutes.

April 19, 1957

STUFFED MUSHROOMS

12 large mushrooms	1/3 c. cream
3 T. butter	Dash nutmeg
1 T. finely chopped onion	1 t. finely chopped parsley
1 1/2 T. flour	Salt and pepper

Buttered bread crumbs

Wash mushrooms, remove stems and chop fine. Peel caps if necessary. Place caps in buttered baking dish 7 x 11 is fine. Have rounded sides up. Brush with melted butter. Season with salt and pepper. Bake at 350 degrees for about 10 minutes. Remove from oven, turn mushrooms. For stuffing combine chopped stems with onion and saute for about 10 minutes, add flour and mix well. Add cream and nutmeg, salt and pepper to taste. Fill mushroom caps. Bake at 425 degrees for 15 minutes. Bake uncovered. Serve 2 per person. Delicious as an accompaniment to steak.

BAKED CRABMEAT AND SHRIMP

1 green pepper, finely chopped	1/2 pound cooked shrimp, cleaned
1 onion, chopped	1/2 t. salt
1 c. celery, finely chopped	Dash pepper
1 6 1/2 ounce can crabmeat	1 t. Worcestershire sauce
	1 c. mayonnaise

1 c. buttered crumbs

Combine all ingredients except crumbs. Place in individual casseroles or greased large casserole. Sprinkle with buttered crumbs. Bake at 350 degrees for about 30 minutes or until bubbly and brown. Serves 6-7.

DESSERT FOR EASTER

PINEAPPLE CHIFFON CAKE

2 1/4 c. cake flour	5 egg yolks, unbeaten
1 1/2 c. sugar	3/4 c. unsweetened pineapple juice
1 t. salt	
3 t. baking powder	1 c. egg whites
1/2 c. salad oil	1/2 t. cream of tartar

Sift dry ingredients into mixing bowl. Make a well in dry ingredients, add salad oil, egg yolks and pineapple juice. Beat until satin smooth. Combine egg whites and cream of tartar. Beat until they form very stiff peaks. Fold egg yolk batter gradually into egg whites. Bake in 10 inch tube pan at 325 degrees 55 minutes, then increase temperature to 350 degrees for 10 minutes. Frost with pineapple butter cream frosting when cool.

Frosting:
Cream 1/2 c. butter with 4 c. confectioners sugar, stir in 6 T. well drained crushed pineapple and 1 to 2 T. pineapple juice. Beat well. Spread on cake.

TRUDY MC NALL'S

WROC - Television
Channel 5
Daily, Monday - Friday
9:00 to 9:30 A.M.

RADIO CITY, ROCHESTER 3, N. Y.

April 22, 1957

CHICKEN AND BISCUITS IN CASSEROLE

5 pound fowl
6 c. boiling water
2 onions, sliced
1/2 c. diced celery (outside stalks and tops
2 t. salt

Have fowl cut into serving pieces. Add remaining ingredients. Heat to boiling point and simmer covered until tender, about 3 hours. Place pieces of chicken in deep baking dish. Pour gravy over chicken.

GRAVY

1/2 c. chicken fat or butter
1/2 c. flour
2 c. chicken broth
1 c. light cream
Salt and pepper

Combine chicken fat and flour, add chicken broth and cream gradually and cook stirring constantly until thick and smooth. Season to taste. Pour gravy over chicken and top with biscuits.

BISCUITS

1 1/4 c. flour
2 t. baking powder
1 t. salt
4 T. shortening
1 egg, beaten with milk to make 1/2 c. liquid
Parsley, chopped (optional)

Sift flour, baking powder and salt. Cut in shortening with pastry blender until mixture is like fine meal. Add combined egg and milk and mix only until blended. Turn out on lightly floured pastry cloth and knead for about 10 strokes. Roll out 1/2 inch thick. Cut with 1 1/2" cutter. Arrange on top of chicken and gravy. Should have 12 biscuits. Bake in hot oven 450 degrees until chicken and gravy are hot and biscuits are brown, about 15 minutes. Serves 4.

Note: Sprinkle chopped parsley on top of biscuits before baking for interesting garnish.

BROCCOLI WITH HOT SAUCE

Broccoli, fresh or frozen
1 t. Nances mustard
1/3 c. butter
1/4 t. salt
Dash Cayenne pepper

Cook broccoli only until tender. Combine remaining ingredients and serve over vegetable. 4 servings.

CANNOLI PASTRIES

Shells for Pastries:

1 c. flour
1/4 t. salt
3 T. confectioners sugar
1 T. butter
1 egg
1 T. w

Sift dry ingredients. Cut butter h pastry blender until mixture is like fi . Add only enough of combined egg and w ake a soft dough. Turn out on lightly stry cloth and knead for about 12 stro ver dough with a warm bowl and let stand 30 minutes. (This makes dough easy to ro ide dough into 12 balls. Roll each piece i ircle having dough very thin. Fit around c forms very loosely, wetting each lap with ater and sealing well with a fork so form not open during frying. Have about 1" lap. Fry in deep fat at 375 degrees until they are golden brown and crisp. Keep cannoli submerged in fat while frying. When done, cool slightly, remove from forms. Fill as desired with Ricotta filling, whipped cream, custard filling or ice cream. Sprinkle edges with pistachio nuts if desired. Makes 12.

Ricotta Filling:

1 pound Ricotta
3/4 c. confectioners sugar
1/4 c. cream
1 t. vanilla

Beat ricotta with electric mixer or spoon, add confectioners sugar and continue to beat until very smooth and light. Add vanilla and enough cream to make of proper consistency to fill cannoli shells. Top with sifted confectioners sugar after filling.

Note: You can purchase Cannoli Forms at some bakers supply houses. To make your own use 1" hollow curtain rods or 1" round stick of wood, cut into 4 to 4 1/4" lengths. Boil in oil for 10 minutes to season the wood. This prevents cannoli from sticking. Temperature of fat 375 degrees. Forms are now ready to use, need only thorough wiping after using.

April 23, 1957

PAN FRIED LIVER

1 pound sliced liver
1/2 c. flour
1 t. salt
Dash pepper
2 T. shortening

Roll each slice of liver in seasoned flour. Melt fat in skillet. Brown liver on each side (about 2 minutes). AVOID OVERCOOKING for this makes liver hard and dry. Liver cooked this way is juicy and tender. Use any kind of liver. Pork liver is low in price, high in food value. NEVER SCALD LIVER BEFORE COOKING.

BANANA NUT CAKE

1/2 c. butter
1 c. sugar
2 eggs
1/3 c. buttermilk
2/3 c. mashed ripe banana
1 3/4 c. flour
1 1/2 t. baking powder
1/2 t. soda
1/2 c. chopped nuts
1/2 t. vanilla

Cream butter and sugar, add eggs and mix well. Combine buttermilk and mashed bananas. Add banana mixture alternately with sifted dry ingredients. Add nuts and vanilla. Pour into greased and floured 9 inch square pan. Bake at 325 degrees about 50 minutes. Ice with Banana Icing.

BANANA ICING

1/4 c. ripe mashed banana
2 t. lemon juice
1/4 t. vanilla
2 c. confectioners sugar

Combine all ingredients and beat with electric mixer until light (about 2 minutes). Spread on top and sides of cake.

April 24, 1957

BAKED BARBECUED HAMBURGERS

2 pounds ground beef
2 t. salt
1/4 t. pepper
2 medium onions, chopped
1 egg
2/3 c. milk
1 c. soft bread crumbs
1/4 c. shortening
*Barbecue Sauce

Combine all ingredients except shortening. Shape into 6 or 8 patties about 1 inch thick. (Mixture will be quite soft.) Brown on both sides in shortening. Place in baking dish 7 x 11. Cover with Barbecue Sauce. Bake uncovered at 350 degrees for 1 1/4 hours. Spoon sauce over patties every 15 minutes during the baking. Serve patties hot with sauce.

HOT BARBECUE SAUCE

1/2 c. chopped onion
1 6 oz. can tomato paste
1 clove garlic, mashed
1 T. tart pickle relish
1 T. sugar
1 t. salt
3 drops Tabasco
1 T. chili powder
1/4 c. vinegar
1 c. water

Combine all ingredients. Simmer 15 minutes.

TRUDY'S TIP: Patties are soft to shape. This makes a nice moist pattie. Patties become firm during baking. Barbecue Sauce may be made in larger amounts and kept in covered jars in refrigerator for use on many meats. Sauce may also be frozen.

BUTTERMILK ROLLS

1 c. buttermilk
2 T. sugar
2 T. shortening
2 T. butter
1 1/2 t. salt
1/4 t. soda
1 yeast cake
2 3/4 c. flour
Melted butter

Heat buttermilk to lukewarm. Remove from heat, add sugar, shortening, butter, salt, soda and yeast, stir until the yeast is dissolved. Add flour. Turn onto lightly floured board and knead just enough to smooth out and round up the dough. Place in greased bowl, cover and let rise until almost doubled in bulk. Shape into cloverleaf rolls (or other shapes if desired). Brush with melted butter and let rise until light and almost doubled in bulk, about 25 to 30 minutes. Bake at 425 degrees for 15 minutes or until golden brown. Makes 1 1/2 dozen.

BAKED CHOCOLATE FLOAT

A dessert to bake with hamburgers

1 c. sugar
1 1/2 c. water
12 marshmallows
2 T. shortening
1/2 c. sugar
1 t. vanilla
1 c. flour
1/2 t. salt
1 t. baking powder
3 T. cocoa
1/2 c. milk
1/2 c. chopped nuts

Combine 1 c. sugar and 1 1/2 c. water. Boil for 5 minutes. Pour into 1 1/2 quart casserole. Top with marshmallows. Cream shortening with 1/2 c. sugar. Add vanilla and dry ingredients alternately with milk. Add nuts. Drop by spoonfuls over marshmallows. Cover. Bake at 350 degrees for 45 minutes. Serve warm or cold, with or without whipped cream. Serves 6 or 7.

April 25, 1957

PEANUT COOKIES

2 T. butter
1 c. sugar
3 eggs, well beaten
2 c. ground peanuts
1/4 t. salt
1 1/4 t. baking powder
1 1/4 c. flour
2 T. milk

Cream butter and sugar. Add eggs and peanuts and mix well. Add sifted dry ingredients with milk to first mixture. Roll out on lightly floured surface. Cut into small round cookies. Place on ungreased cooky sheet. Bake at 375 degrees about 8 minutes. Yield 3 1/2 dozen. Note: If using salted peanuts, shake off excess salt, omit salt in recipe.

LUSCIOUS LEMON SHERBET

Serve as a dessert or as an accompaniment to meat course

1/3 c. lemon juice
Rind of 1 lemon
1 1/4 c. sugar
2 c. light cream
1/4 t. lemon extract

Combine all ingredients. Freeze in refrigerator until almost firm, beat until smooth, refreeze and store until ready to serve.

April 26, 1957

MOLDED CRAB LOUIS

1 1/2 c. tomato juice
1 pkg. lemon flavored gelatin
1/4 c. water
2 T. sherry wine (optional)
3 T. lemon juice
1 t. grated onion
1/2 c. finely sliced celery
2 hard cooked eggs, chopped
2 c. crabmeat
Salt and pepper to taste
1/2 c. mayonnaise
2 T. chili sauce
Salad greens

Heat tomato juice and pour over lemon flavored gelatin, stirring until gelatin is dissolved. Add water, sherry, lemon juice and onion. Chill until mixture begins to thicken, add celery, hard cooked eggs, crabmeat, salt and pepper, mayonnaise in which you have mixed the chili sauce. Spoon into 1 large or 8 individual ring molds. Chill until firm. Serve with crisp salad greens.

Having the girls for lunch? Serve Crab Louis with cottage cheese, hard rolls, beverage and Luscious Lemon Sherbet. Substitute shrimp for the crabmeat for interesting variation.

HALIBUT IN SOUR CREAM SAUCE

2 pounds halibut steaks or fillets, fresh or frozen
1/2 c. flour
1 1/4 t. salt
1 t. paprika
Dash pepper
1/2 c. onion rings
1/3 c. butter
1/2 t. crushed sweet basil
1 c. sour cream
1 T. chopped parsley

Thaw frozen steaks. Cut into serving size portions. Roll in flour seasoned with salt, paprika and pepper. Cook onion in butter until tender. Remove onion from pan. Place fish in pan and fry until brown on both sides, (about 10 minutes depending on thickness of fish). Cover fish with sauteed onion, sweet basil and sour cream. Cover and simmer 5 minutes or until fish flakes easily with a fork. Garnish with parsley. Serves 6.

April 29, 1957

CHICKEN PIE SUPREME

2 c. diced cooked chicken
1/2 c. diced cooked carrots
1/2 c. cooked peas
1/2 c. chicken fat or butter
1/2 c. chopped onions
1/2 c. flour
3 c. chicken stock
Salt and pepper
*Crust Supreme

Combine cooked chicken, carrots and peas. Saute onions in fat, add flour and mix well. Add chicken stock gradually and cook, stirring constantly until thick and very smooth. Season to taste. Pour into buttered 2 quart casserole. Top with Crust Supreme. Bake at 375 degrees for about 25 minutes or until nicely browned.

CRUST SUPREME

1 1/2 c. flour
2 t. baking powder
1/2 t. salt
1 T. butter
3 eggs, separated
3/4 c. milk

Sift flour, baking powder and salt. Cut in butter with pastry blender. Beat egg yolks slightly, add milk. Add to first mixture. Beat egg whites until stiff but not dry, fold into first mixture. Spread over top of casserole. Bake as directed above. Yield: 6 servings.

Tip: Plump fowl is best for chicken pies because of rich gravy. A fowl weighing 3 1/2 to 4 pounds will yield 2 1/2 to 3 c. of cooked chicken meat. Stewing is preferred when both cooked meat and stock are desired. To cook cover chicken with water and simmer 2 to 4 hours or until chicken is tender. Add about 1 1/2 t. salt during last hour of cooking.

BLACK CHOCOLATE CAKE

1/4 c. butter or shortening
1 c. sugar
1 egg
1 c. cake flour
1/8 t. salt
1 t. soda
1/2 c. cocoa
1/2 c. boiling water
1/2 c. sour cream
1 t. vanilla

Cream shortening, add sugar and mix well. Add egg. Mix cocoa and boiling water, add to first mixture. Dissolve soda in sour cream, add alternately to mixture with flour sifted with salt. Add vanilla. Pour into greased and floured 8 inch square pan. Bake at 350 degrees for 35 to 40 minutes. Frost with simple confectioners sugar made by combining 1 1/2 c. confectioners sugar, 2 squares chocolate, 2 T. butter, 1/2 t. vanilla and enough milk or cream to make of spreading consistency.

April 30, 1957

PORK CHOP LOAF

6 pork chops
1 c. chopped onion
1 c. chopped celery
1/2 c. butter
4 c. stale bread crumbs (not dry)
1 t. salt
1/4 t. pepper
1/4 c. chopped parsley

Brown chops in skillet. Remove from pan. Saute onion in butter with celery. Add bread crumbs and remaining ingredients. Add enough water to make dressing that will just hold together (about 1/4 c.). Place a chop, fat side up at both ends of a 10x5 inch loaf pan. Alternate chops and stuffing. Run skewers through chops. Bake at 350 degrees for about 1 hour.

GLAZED APPLE BARS

12 medium tart apples
3/4 c. chopped nuts
2 c. sugar
2 t. cinnamon
1/8 t. nutmeg
2 t. lemon juice
Double recipe pastry based on 4 c. flour
4 T. butter
3 T. lemon juice
1 1/2 c. confectioners sugar
3/4 c. finely chopped walnuts

Peel and slice apples, add nuts, sugar, cinnamon, nutmeg and lemon juice, stir lightly until mixed. Prepare pastry. Roll out half of pastry to line bottom and sides of jelly roll pan about 10 1/2 x 15 inches. Spread apple mixture over pastry and dot with butter. Cover with remaining pastry and pinch edges to seal. Prick top. Bake at 350 degrees for 1 hour. Mix together the 3 T. lemon juice, confectioners sugar and spread over top of the pastry when it comes out of the oven, sprinkle with walnuts. Cool, then cut into bars and serve. 16 servings.

May 1, 1957

SPRINGTIME CASSEROLE

1 pound fresh asparagus, cut in 1 inch lengths
2 eggs, well beaten
Asparagus liquid plus milk to make 2 c.
1 c. grated sharp American cheese
2 c. soft bread crumbs
1 T. finely chopped onion
Paprika

Cook asparagus in boiling salted water until tender. Drain, save liquid adding enough milk to measure 2 c. Add eggs to asparagus liquid and milk. Add cheese, bread crumbs and onion. Cook in double boiler until cheese melts, stirring constantly. Remove from heat, add asparagus, pour into well greased 1 1/2 quart casserole, sprinkle with paprika. Set in shallow pan, pour hot water in pan to a depth of 1 inch. Bake at 325 degrees until set, about 50 minutes. Serves 4.

RHUBARB PIE

1 1/2 c. sugar
1/4 c. flour
3 eggs, slightly beaten
4 c. rhubarb, cut into 1/2" pieces
2 T. butter
Pastry for 9" pie

Blend sugar, flour and eggs, beat until smooth. Add rhubarb. Pour into 9" pastry lined pie plate. Dot with butter. Make lattice top crust. Bake at 400 degrees for 50 to 60 minutes.

May 2, 1957

BLUE RIBBON BROWNIES

2 sq. chocolate
1/2 c. shortening
1 c. sugar
3 eggs
1 t. vanilla
3/4 c. cake flour
1 t. baking powder
1/2 t. salt
1 c. chopped nuts

Melt chocolate and shortening together, cool slightly. Beat in sugar and eggs. Stir in vanilla. Sift flour, baking powder and salt, add to first mixture. Stir in nuts and vanilla. Pour into greased and floured pan about 11 3/4 x 7 1/2 inches. Bake at 325 degrees for 30 minutes. Makes 24 brownies 2" square. Frost if desired.

DELUXE CHOCOLATE FROSTING

1/4 c. chocolate bits
1 sq. unsweetened chocolate
3 T. butter
1 pound confectioners sugar
5 T. hot milk (about)
1/2 t. vanilla

Melt butter and chocolate together. Combine sugar and milk. Add chocolate mixture to sugar mixture, stir in vanilla. Beat until smooth and spread on brownies.

May 3, 1957

GLAZED BAKED HAM

For a quick Sunday Dinner. Remove 3 to 4 pound canned ham from can. Place fat side up on rack in shallow baking pan. Stud top with cloves. Drizzle honey over top. Bake in slow oven 325 degrees for 1 hour, basting often with honey.

RICE AND OYSTER CASSEROLE

1 1/2 c. hot cooked rice
1 pint oysters
1 c. medium white sauce
Butter
Salt and pepper
1 c. buttered cracker crumbs
2 T. parsley, minced

Grease 1 1/2 quart casserole, arrange half of rice on the bottom, cover with half the oysters, pour over half the white sauce; dot with butter and sprinkle with salt and pepper. Repeat using the remainder of the rice, oysters and sauce. Toss buttered crumbs with the parsley, sprinkle over top of casserole. Bake at 400 degrees for 30 minutes. Serves 4.

SELF FROSTED DATE CAKE

1 c. finely [illegible]ed dates
1 1/4 c. [illegible] water
1 t. soda
3/4 c. sho[illegible]
1 c. sugar
2 eggs
1 1/2 c. flour
1/4 t. salt
1/2 c. chocolate bits
1 T. sugar
1/[illegible] [illegible]pped nuts

Put dates in a b[illegible] cover with boiling water, add soda. Cool. C[illegible] [illegible]ortening and sugar, add eggs. Sift flour wi[illegible] Add to creamed mixture. Stir in coole[illegible] mixture. Spread in greased and floured [illegible]bout 11 3/4 x 7 1/2 inch. Sprinkle the comb[illegible] [illegible]ocolate bits, sugar and nuts over the batte[illegible] [illegible]e at 350 degrees for about 30 minutes or un[illegible] [illegible]ke springs back when lightly touched. Serve

TRUDY MC NALL'S

WROC - Television
Channel 5
Daily, Monday - Friday
9:00 to 9:30 A.M.

ROCHESTER 3, N. Y.

May 6, 1957

SPANISH PORK CHOPS

6 pork rib or loin chops, cut 3/4 to 1 inch thick	1/2 c. ketchup
	~~1/2 c. water~~
	2 T. brown sugar
Salt and pepper	1 t. Nances mustard
6 lemon slices	

Brown chops in heavy skillet, season with salt and pepper. Combine ketchup, water, brown sugar and Nances mustard, pour over chops. Place a lemon slice on each chop. Cover tightly and bake at 350 degrees about 45 minutes or until meat is done. 6 servings. Note: Meat may be cooked slowly on top of stove for 45 minutes if desired.

FRUIT COCKTAIL PUDDING

from: Mrs. W. H. Ware, Batavia, N.Y.

1 c. sugar	1 can fruit cocktail (303 can)
1 c. flour	
1 t. baking soda	1 t. vanilla
1/2 t. salt	1 c. light brown sugar
1 egg	1/2 c. chopped nuts

Sift sugar, flour, soda and salt together, beat egg and add to fruit cocktail, combine with dry ingredients, add vanilla. Pour batter into greased 9 x 9 inch pan. Combine brown sugar and nuts, sprinkle over top of pudding. Bake at 350 degrees for 50 minutes. Serve with whipped cream and maraschino cherry if desired. Keeps well.

Note: Bake pork chops and pudding together for an oven meal. Add some baked potatoes, a green vegetable and assorted relishes or a green salad.

May 7, 1957

HAMBURGERS WITH BARBECUED LEMON SAUCE

1 onion, finely chopped	2 T. vinegar
2 T. butter	2 T. brown sugar
1/2 c. diced celery	1/2 t. salt
1/2 c. ketchup	Dash pepper
1 c. water	1 t. Nances mustard
6 T. lemon juice	2 pounds ground beef
3 T. Worcestershire sauce	

Saute onion in butter until golden brown. Add celery, ketchup, water, lemon juice, Worcestershire sauce, vinegar, brown sugar, salt, pepper and mustard. Simmer 15 minutes. Shape ground beef (seasoned to taste) into 8 patties and grill while sauce is cooking. Serve sauce over meat.

GRANDMA'S CHOCOLATE CAKE

from: Miss Ruth DeLano, Fairport, N.Y.

1/2 c. shortening	2 sq. chocolate
1 c. white sugar	1/2 c. hot water
1/2 c. brown sugar	2 c. cake flour
2 eggs	1/4 t. salt
1 t. vanilla	1 t. soda
2/3 c. sour milk or buttermilk	

Cream shortening and sugars, add eggs and vanilla and beat well. Melt chocolate and hot water over low heat, blend and cool slightly. Add to creamed mixture. Add sifted dry ingredients alternately with sour milk. Bake in 2 greased and floured 9 inch cake pans at 350 degrees for 30 to 35 minutes. Frost as desired.

A ROQUEFORT CHEESE SALAD DRESSING

1/2 clove garlic, minced	1 c. salad oil
2 T. lemon juice	1/2 c. evaporated milk
1/2 c. vinegar	1/2 pound Roquefort or Bleu Cheese

Combine garlic, lemon juice and vinegar. Add milk to oil and whip. Combine with first mixture, add cheese broken in large pieces. Store in refrigerator.

May 8, 1957

BUTTERMILK ROLLS

1 c. buttermilk	1/4 t. baking soda
2 T. sugar	1 yeast cake or 1 pkg. active dry yeast
1/4 c. shortening	
1 1/2 t. salt	2 3/4 c. flour

Heat buttermilk to lukewarm, add sugar, shortening, salt, soda and yeast. Add enough flour to make a stiff dough. Knead just enough to blend ingredients well. Cover and let rise until very light. Shape into cloverleaf rolls made by placing 3 balls of dough in greased muffin cup. Brush with melted butter and let rise until light (about 30 minutes). Bake at 400 degrees for about 15 minutes or until golden brown. Makes 1 1/2 doz.

Note: These are crusty, buttery, light rolls. For variation you can form the dough into several other roll shapes such as Parker House, fan tans, crescents and rosebuds.

CHEESE FONDUE

8 slices White Bread (2 days old)	1 1/2 c. milk
	2 eggs, slightly beaten
3 T. salad dressing	1/2 t. salt
4 slices American cheese (4 x 4 inch slices)	

Butter 9 inch square baking pan. Spread bread with salad dressing. Place 4 slices, spread side up, in pan. Place cheese slice on each slice of bread. Place other 4 slices of bread, spread side down, over cheese. Combine eggs, milk and salt. Pour over bread. Let stand 15 minutes. Bake at 350 degrees for 45 minutes. Makes 4 servings.

ZIGZAG PINEAPPLE

Select a good sized ripe pineapple. Cut in half right through the crown and cut each half in thirds. With a sharp knife, cut straight under the core and do not cut through at either end as the strip of core holds the pieces of pineapple in place. Slip curved knife under pineapple meat, loosening it from the shell and push out the whole piece of fruit. Cut each piece of pineapple crosswise into 6 or 8 pieces. Zigzag the pieces under the strip of core so that each piece extends a third of the way out on either side of the shell. Put strawberries in the spaces left. This will give you a strawberry at the end of each pineapple slice, but on alternating sides. Serves 6.

May 9, 1957

OATMEAL BROWNIES

2 eggs	2/3 c. chopped nuts
1 c. sugar	1/4 c. flour
2 squares chocolate	1/2 t. baking powder
1/3 c. butter	1/2 t. salt
1 t. vanilla	3/4 c. quick cooking rolled oats

Beat eggs, add sugar and beat until light. Melt chocolate and butter, cool and add to egg mixture. Add vanilla, sifted dry ingredients, nutmeats and rolled oats. Bake in greased and floured pan (7 x 11) at 325 degrees for about 25 minutes. Cut in squares when cold.

May 10, 1957

BROILED HALIBUT STEAKS WITH SOUFFLE TOPPING

2 pounds halibut steak	1 t. lemon juice
2 T. salad oil	1/4 c. sandwich spread (salad dressing with pickle relish)
1 t. salt	
2 egg whites	
Pinch of salt	Stuffed olives and lemon wedges

Brush fish steaks with oil; broil until fish is almost done, about 10 minutes (DO NOT TURN). Sprinkle with the 1 t. salt. While the steaks are broiling beat egg whites with pinch of salt and lemon juice until stiff, fold in sandwich spread. Spoon egg white mixture on top of fish. Broil until topping is lightly browned. Garnish with stuffed olives and lemon wedges before serving. Serves 6.

FRESH STRAWBERRY PIE

1 baked 9" pie shell	1 c. water
1 T. unflavored gelatin	1 c. sugar
1/4 c. cold water	Red coloring
4 c. strawberries	Whipped cream

Soften gelatin in water. Wash and stem berries, slice. Cook 1 c. of the berries with the 1 c. water until berries are soft, strain, add hot liquid to sugar, stir until sugar is dissolved, add softened gelatin. Chill until syrupy. Fold in remaining 3 c. sliced berries. Pour into baked pie shell and chill until firm. Serve with whipped cream.

BUTTERSCOTCH NUT BREAD

2 c. flour	1 c. brown sugar
3/4 t. baking powder	1/2 c. chopped nuts
1 t. baking soda	1 egg, well beaten
1/4 t. salt	1 c. buttermilk

1 1/2 T. melted butter

Mix and sift flour, baking powder, soda, salt and sugar, stir in nuts. Combine egg and buttermilk; add to flour mixture, stir only until blended, stir in butter. Bake in greased and floured loaf pan at 350 degrees for 1 hour. Bread slices best after standing a day.

May 13, 1957

SWISS STEAK ROYALE

2-2 1/2 pounds round steak, cut 1 1/2 inches thick	2 t. salt
	1/4 t. pepper
	1 clove garlic, minced
1/2 c. flour	1/2 c. water
2 c. sliced onions	1/2 c. chili sauce or canned tomatoes
2 T. shortening	
2 t. Nances mustard	

Pound flour into steak. Fry onions in shortening until softened. Remove from pan. Fry steak on both sides. Cover with onions. Add remaining ingredients. Cover and cook over low heat or bake at 350 degrees for 1 1/2 to 2 hours or until steak is tender.

COCONUT CUSTARD PIE

4 eggs	1 t. vanilla
2/3 c. sugar	3/4 c. shredded coconut
1/2 t. salt	1/4 t. nutmeg
2 c. milk	1 baked 9" pie shell

Beat eggs, add sugar, salt, milk and vanilla. Mix well. Stir in coconut. Pour into WELL BUTTERED 9" pie pan. Sprinkle with nutmeg. Place pan in larger pan of hot water 1" deep. Bake at 325 degrees for 35 to 40 minutes or until custard is set. Cool at room temperature. DO NOT REFRIGERATE OR CUSTARD WILL STICK TO PAN. Loosen custard thoroughly from pan with knife. Shake gently to loosen from bottom. Slide it quickly into baked and cooled pie shell. Shake gently to settle.

Note: Pie baked this way will have a crisp crust and a tender filling hard to achieve by baking custard with pie crust.

COUNTRY COLESLAW

8 oz. pkg. coleslaw mix	1/3 c. evaporated milk
1 c. crushed pineapple, drained	1 T. vinegar
	1 T. sugar
1/2 c. midget marshmallows	1/4 t. salt

Combine coleslaw mix, pineapple and marshmallows. Mix in a cup evaporated milk, vinegar, sugar and salt. Pour dressing over salad and toss lightly. Chill until ready to serve. 4 servings.

May 14, 1957

PATIO CHICKEN

2 pounds chicken breast and legs or 1 frying chicken	1/4 t. pepper
	1/4 t. crushed savory (optional)
1 c. dry bread crumbs	1/4 t. Accent (monosodium glutamate)
1 t. onion salt	
1/4 t. garlic salt	1 c. mayonnaise

Roll chicken in a mixture of bread crumbs and seasonings as listed. Arrange on greased baking sheet, skin side up and with no overlapping. Place in hot oven 400 degrees for 15 minutes to set the crumbs so they will stick to the chicken. Remove from oven; with a brush coat chicken generously with mayonnaise. Reduce heat to slow oven (300 degrees) and bake 1 hour or until chicken is done. Note: The mayonnaise coating gives this baked chicken a very crisp, slightly puffy, golden crust. Serves 4.

FRESH COCONUT LAYER CAKE

3/4 c. shortening	3 t. baking powder
1 1/2 c. sugar	1/2 t. salt
3 egg yolks	3/4 c. fresh coconut milk
1/2 c. grated fresh coconut	3 egg whites, stiffly beaten
2 1/4 c. cake flour	

1/2 t. vanilla

Cream shortening and sugar, add egg yolks and beat well. Stir in grated coconut and vanilla. Sift dry ingredients, add alternately with coconut milk. Beat egg whites until stiff, but not dry, fold into cake batter. Bake in 2 greased and floured 9 inch cake pans. Bake at 375 degrees for 25 to 30 minutes. Frost with 7 minute frosting and sprinkle top with fresh grated coconut.

May 15, 1957

INDIVIDUAL CHICKEN PIES

To Prepare Chicken:	To Prepare Filling:
5 pound stewing fowl	Pastry for topping (about 2 cups)
2 carrots, peeled (leave whole)	6 carrots, sliced
2 stalks celery	10 oz. pkg. frozen peas, thawed to separate
Few sprigs parsley	
2 small onions, peeled and diced	6 oz. can mushrooms, drained
2 t. salt	2 c. chicken stock
5 pepper corns	2/3 c. light cream
1 bay leaf	4 T. cornstarch
	2 t. salt
	Dash pepper

To Prepare Chicken: Add sufficient water to chicken to half cover it. Add remaining ingredients. Cover and simmer until fowl is tender--2 to 3 hours. Cool in stock. Remove meat from bones and strain stock.

To Prepare Filling: Make pastry. Cook carrots 10 minutes. Divide chicken, peas, carrots, and mushrooms into 8 individual casseroles or 2--9" pie plates. Mix 2 c. chicken stock with cream. Heat slowly to boiling. Blend cornstarch with some additional chicken stock (or water) and add to cream mixture. Cook on low heat until mixture begins to boil. Boil 1 minute stirring constantly. Pour over chicken mixture. Cover with pastry. Bake at 425 degrees 25 to 30 minutes. Note: Pies may be frozen. To freeze, cool pies without baking, wrap for freezing. To bake frozen pies bake at 350 degrees for 30 minutes then increase the temperature to 425 and bake for 30 minutes longer.

THREE EGG SPONGE CAKE

3 egg yolks	1 t. baking powder
2/3 c. cold water	1 t. vanilla or other flavoring
1 1/4 c. sugar	
1 1/2 c. flour (cake or all purpose)	3 egg whites

Beat egg yolks and water together on high speed of electric mixer for 5 to 7 minutes (mixture should be very high in volume). Beat in sugar 1 to 2 T. at a time, continue to beat on high speed. Beat in sugar over a 10 minute period. Sift flour and baking powder; reduce mixer speed and fold in flour mixture and flavoring just until no free flour appears in batter. Beat egg whites until stiff and blend into egg yolk mixture. Pour into an ungreased 10" tube pan, bake at 325 degrees for 1 hour. Invert until cold. Note: This cake has a characteristic sugary crust. Thorough beating is of utmost importance.

VARIATIONS OF SPONGE CAKE

Filled Sponge Cake: Slice top from cake about 3/4" down. Lift off top. Cut down into cake about 1" from outer edge and 1" from middle hole, leaving a 'wall' of cake about 1" thick and 1" base at the bottom. Remove center with spoon. Spoon filling (below) into cavity. Replace top. Frost top and sides with sweetened whipped cream. Decorate with whole strawberries. May be held in refrigerator several hours before serving. To freeze: place in freezer until firm (about 1 hour). Remove; package quickly, return to freezer, store 4 to 6 weeks.

STRAWBERRY MARSHMALLOW FILLING

1 t. unflavored gelatin	1/2 c. sliced strawberries
2 T. water	
2 c. heavy cream, whipped and sweetened	6 marshmallows, quartered or 1 c. midget marshmallows

Soften gelatin in cold water. Dissolve over hot water. Cool slightly and fold into whipped cream. Reserve 1 1/2 c. of whipped cream to frost outside of cake. To 1/2 c. of cream add marshmallows and strawberries. Use to fill hollow in cake.

May 16, 1957

COCONUT CRISPS

2 c. flour	1 c. shredded coconut
1 t. baking powder	1/2 c. chopped nuts
1 t. soda	3/4 c. shortening
1/2 t. salt	3/4 c. white sugar
1 c. rolled oats	1/2 c. brown sugar
1 egg	1 t. vanilla

Sift flour, baking powder, soda and salt. Add rolled oats, coconut and nuts. Cream shortening and sugars until fluffy, stir in vanilla and egg. Add sifted dry ingredients. Drop by teaspoonfuls onto lightly greased baking sheet. Bake at 375 for 12 to 15 minutes or until lightly browned. COOL FOR A FEW MINUTES BEFORE REMOVING TO COOLING RACK. These cookies will be done in 12 to 15 minutes although they may appear to need additional time. After the cookies cool slightly they will assume a macaroonlike top and are easy to remove from cookie sheet.

May 17, 1957

SPAGHETTI DINNER

(A quickee for Saturday night supper)

1 pound ground beef	1 lb. can spaghetti with tomato sauce
1/2 c. evaporated milk	
1 t. salt	1/4 c. grated Parmesan cheese
Dash pepper	

Combine beef, milk, salt and pepper. Press evenly over bottom of 9" square pan. Spread over the meat the spaghetti. Sprinkle with cheese. Bake at 350 degrees for 30 minutes. 4 servings.

RHUBARB BETTY

1 1/2 c. flour	4 c. rhubarb, cut in 1/2" pieces
1/2 t. salt	
1/4 t. cinnamon	1 c. sugar
1/2 c. sugar	1/8 t. salt
1/3 c. butter	

Sift flour, salt, cinnamon and 1/2 c. sugar. Cut in butter until mixture is crumbly. Sprinkle half of mixture over bottom of well buttered 8 inch square pan. Press down firmly. Combine rhubarb and 1 c. sugar, and salt. Spread evenly over crumb layer, top with remaining crumbs and press down. Bake at 350 degrees for 50 to 55 minutes or until rhubarb is tender. Note: Pudding may be baked with spaghetti.

WROC - Television
Channel 5

TRUDY McNALL'S
HOME COOKING RECIPES

May 20 - 31, 1957

Weekdays
9:00 to 9:30 A.M.

May 20, 1957

MIXED GRILL FOR 4

Lamb Chops - Link Sausage - Bacon
Browned New Potatoes Stuffed Tomatoes
Tossed Salad
Old Fashioned Strawberry Shortcake

LAMB CHOPS

Score edge of chops, broil 4 inches from the heat about 10 minutes, season with salt and pepper and turn. Broil about 5 minutes.

SAUSAGE

Simmer 8 sausage links in 1/4 c. water in covered skillet 5 minutes. Drain. Arrange on broiler rack, broil 5 minutes. (If using brown-and-serve type of sausage no precooking is necessary.)

POTATOES

String small cooked or canned potatoes on skewers. Brush with melted butter, sprinkle with salt, pepper and paprika. Arrange potatoes on broiler rack at the same time you do the chops, turn potatoes with chops after 10 minutes.

TOMATOES

While chops and potatoes broil halve 2 tomatoes, score cut surface making 1/2 inch squares. Mix 1/2 c. soft bread crumbs and 1/4 c. shredded cheese; sprinkle on tomatoes. Arrange tomatoes on broiler rack and at the same time place strip of bacon on each lamb chop. Broil 5 minutes.

OLD FASHIONED STRAWBERRY SHORTCAKE

2 c. flour
3 t. baking powder
1 T. sugar
1/2 t. salt
1/3 c. shortening
1 egg, beaten
3/4 c. milk
Soft butter
4 c. sugared, sliced strawberries
1 c. heavy cream whipped

Sift flour, baking powder, sugar and salt. Cut in shortening until mixture is like coarse crumbs. Combine egg and milk; add to dry ingredients, stirring just enough to moisten. Spread in greased 8 inch round cake pan about 1 1/2 inches deep. Bake at 425 degrees 18 to 20 minutes. Cool 5 minutes. Remove from pan, split, lifting top off carefully. Spread bottom layer with butter. Spoon strawberries between layers. Put on top layer, spoon remaining strawberries on top and decorate with whipped cream. 6 servings.

May 21, 1957

CHICKEN PERFECTION ASPIC

(Chicken Perfection Aspic as the main dish at a club or bridge party luncheon has many a gal favoring it. This main dish tempts the appetite by its beauty of design and the popularity of its ingredients. It holds an encouraging message for the weight watcher since a serving is approximately 112 calories.)

1 T. unflavored gelatin
1 c. cold water, divided
1 can (10 1/2 ounces) condensed consomme
1/4 t. salt
2 T. lemon juice
1 can (5 oz.) boned chicken or turkey, dir
1/2 c. finely shredded cabbage
1/4 c. chopped celery
1/4 c. chopped green pepper
1/4 c. chopped [illegible]

Sprinkle gelatin on 1/2 c. of the cold w[illegible] to soften. Place over boiling water and s[illegible] gelatin is thoroughly dissolved. Add re[illegible] 1/2 c. of the cold water to consom[illegible] in dissolved gelatin, salt and lemon juice. C[illegible] mixture is the consistency of unbeat[illegible] Fold in diced chicken, cabbage, celery, green pepper and pimiento. Turn into 4 c. mold; chill until firm. Unmold on salad greens. Garnish with salad dressing or pass dressing separately. Yield: 4 servings.

ADD A LIGHT DESSERT

LEMON CHIFFON PIE

1 T. unflavored gelatin
1 c. sugar, divided
1/8 t. salt
4 eggs, separated
1/4 c. water
1/2 c. lemon juice
2 t. grated lemon rind
1/2 t. cream of tartar
1 9" baked pie shell
Genesee Country Medium Cream whipped for garnishing

Mix together gelatin, 1/2 c. of the sugar and salt in saucepan. Beat together egg yolks, water and lemon juice; add to gelatin mixture. Place over low heat, stirring constantly, until gelatin is dissolved, about 5 minutes. Remove from heat; stir in lemon rind. Chill until mixture begins to thicken. Beat egg whites until foamy; add cream of tartar and beat until stiff, but not dry. Gradually add remaining 1/2 c. sugar and beat until very stiff. Fold in gelatin mixture. Turn into baked 9" pie shell. Chill until firm. Garnish with whipped cream.

May 22, 1957

SAVORY MEAT LOAF

1 egg
3/4 c. milk
1 1/2 c. soft bread crumbs
1/4 c. finely chopped onion
2 t. salt
1/4 t. thyme
2 T. finely chopped parsley
1 1/2 c. ground beef

Beat egg and milk together. Stir in soft bread crumbs and seasonings. Blend in beef with a fork. Form into loaf in shallow baking pan. Bake at 350 degrees 1 hour. Serve with mushroom sauce, or spoon half an 8 ounce can of tomato sauce over meat loaf and top with strips of American cheese. Return to oven and bake until cheese is melted--about 10 minutes.

LIME OR LEMON SNOW WITH CUSTARD SAUCE

1 T. unflavored gelatin
1 1/4 c. cold water, divided
3/4 c. sugar
1/4 t. salt
1 t. grated lime or lemon rind
1/4 c. lime or lemon juice
2 unbeaten egg whites

Sprinkle gelatin on 1/2 c. of the cold water in top of double boiler to soften. Place over boiling water and stir until gelatin is dissolved. Remove from heat. Add sugar, salt, lime or lemon rind, lime or lemon juice and remaining 3/4 c. water; stir until sugar is dissolved. Chill to the consistency of unbeaten egg white. (To chill quickly, half fill lower part of double boiler with ice cubes and water; sprinkle with 2 T. salt. Set upper part of double boiler with gelatin over ice water; chill until mixture is the consistency of unbeaten egg white, stirring frequently.) Add egg whites; beat with electric or rotary beater until mixture begins to hold its shape. Turn into a 6 c. mold or individual molds, or spoon into dessert dishes. Chill until firm. Unmold and serve with Custard Sauce which utilizes remaining two egg yolks.

CUSTARD SAUCE

1 1/2 c. milk
1 whole egg
2 egg yolks
3 T. [illegible]
1/8 t. salt
[illegible] vanilla

Scald milk in top of double boiler. Beat whole egg and egg yolks, stir in [illegible]ar and s[illegible] gradually add small amount [illegible] the hot milk. [illegible]ing constantly, over hot, [illegible] until mixture coats the spoon. [illegible] over [illegible], cool. Stir in vanilla. 6 to 8 servings [illegible] over pudding.

May 23, 1957

OLD FASHIONED MOLASSES COOKIES

1 c. shortening
1 1/2 c. molasses
1/4 c. sugar
4 c. flour
1 1/2 t. salt
2 t. soda
2 t. cinnamon
1 1/2 t. ginger
1/2 t. cloves
1 egg

Melt shortening in saucepan large enough for mixing cookies. Stir in molasses and sugar; cool. Sift flour, salt, soda, cinnamon, ginger and cloves. Mix in small amount of flour mixture; beat in egg. Add remaining flour, blending until smooth. Chill dough about 2 hours. Shape into 1 1/4 inch balls. Place on cookie sheets (UNGREASED) about 1 inch apart. Bake at 350 degrees 15 minutes. If desired spread half of the cookies while warm with a confectioners sugar and water glaze. Store in closely covered container. Yield: 5 dozen.

Note: These are soft molasses cookies which require no rolling, they crackle on top when baked.

May 24, 1957

LOBSTER PIE

2 T. butter
1/4 c. sherry
1 c. lobster meat (canned or fresh cooked)
3 T. butter
1 T. flour
3/4 c. thin cream
2 egg yolks

Melt 2 T. butter; add sherry. Boil 1 minute, add lobster and let it stand. Melt the 3 T. butter, add flour and stir until it bubbles. Remove from heat, add cream and wine drained from lobster. Return to heat and cook, stirring constantly until sauce is thick and smooth. Remove from heat. Beat egg yolks well, stir into yolks a little of the hot sauce, add to sauce mixing well. Heat over hot water (not boiling); sauce may curdle if it boils. Stir sauce constantly while it heats. Remove from heat, add lobster. Turn into 2 individual casseroles, sprinkle with topping. Bake in slow oven for 10 minutes.

LOBSTER PIE TOPPING

1/4 c. cracker meal
1 T. finely crushed potato chips
1/4 t. paprika
1 1/2 t. Parmesan cheese
2 T. butter

Mix cracker meal, potato chips, paprika and cheese. Add butter and blend well. Sprinkle on lobster pie.

JIFFY CUPCAKES

1/2 c. shortening
2 1/4 c. flour
1 1/2 c. sugar
3 t. baking powder
1 t. salt
1 c. milk
2 eggs
1 t. vanilla
1/4 t. lemon extract
*Toppings

Cream shortening to soften. Sift together flour, sugar, baking powder and salt. Add sifted dry ingredients and 3/4 c. milk. Mix until all flour is dampened. Beat vigorously for 2 minutes. Add remaining milk, eggs and flavorings. Beat vigorously 2 minutes longer. Fill paper-lined medium-sized muffin pans 2/3 full. Sprinkle each cupcake with about 3/4 t. of the desired topping. Bake at 375 degrees for 20 minutes. Makes 24 cupcakes.

Toppings:

1. 6 T. crushed peppermint candy
2. 6 T. crushed peanut brittle
3. 1/3 c. sugar mixed with 2 1/2 t. nutmeg

Ma 27, 1957

BAKED PORK CHOPS WITH RICE

6 pork chops	1/4 c. chopped onion
1/2 c. uncooked rice	1/4 c. diced green pepper
1 6 oz. can tomato paste	1 t. salt
1 c. water	1/8 t. pepper

Brown chops in skillet. Place to one side and add uncooked rice and brown lightly in the fat from chops. Add remaining ingredients, top with the browned chops. Cover and simmer on top of range for 1 hour or bake in oven at 350 degrees for 1 hour if desired. If rice cooks too dry, add additional water or tomato juice.

PINEAPPLE CAKE ROLL

1 No. 2 1/2 can crushed pineapple	1/2 c. white sugar
2/3 c. brown sugar	3/4 c. flour
4 egg yolks	1 t. baking powder
1/4 c. white sugar	1/2 t. salt
1/2 t. vanilla	Sifted confectioners sugar
4 egg whites	

Drain pineapple thoroughly. Spread pineapple evenly in bottom of ungreased 15 1/2 x 10 1/2 x 1 inch jelly roll pan. Sprinkle with brown sugar. Beat egg yolks until thick and lemon colored, gradually beat in the 1/4 c. sugar; add vanilla, beat egg whites until soft peaks are formed, gradually add the 1/2 c. sugar and beat until stiff peaks are formed. Sift together flour, baking powder and salt; fold yolks into whites, fold sifted dry ingredients into egg mixture. Spread evenly over pineapple. Bake at 375 degrees for about 20 minutes or until done. Loosen sides, turn out onto towel that has been sprinkled with confectioners sugar. Let cool 2 or 3 minutes. Roll as jelly roll. Wrap in sugared towel and cool.

PINEAPPLE SAUCE

2 T. sugar	Reserved pineapple syrup from cake roll about 1 2/3 c.
1 1/2 T. cornstarch	
1 T. lemon juice	

Combine sugar and cornstarch, add pineapple syrup and cook, stirring constantly until thick and clear, remove from heat, add lemon juice. Serve hot or cold over pineapple cake roll. RECIPE FROM BETTER HOMES AND GARDENS, May 1957.

May 28, 1957

BAKED BROILER HALVES WITH STUFFING

Sprinkle halves of broilers with salt, pepper, paprika and Accent (if desired). Place halves, skin side down, in baking pan. Do not overlap halves. Brush with melted butter. Bake at 350 degrees 1 hour 15 minutes. While chicken is baking prepare your favorite stuffing. Place stuffing in aluminum foil; seal edges tightly. At end of first half hour, turn chicken over and brush with butter. Place stuffing in oven with chicken. Bake 30 minutes longer and brush again with butter. Continue baking 15 minutes longer. Serve with stuffing and Cream Gravy.

CREAM GRAVY

Giblets and necks from 2 broilers	1 small can (2/3 c.) evaporated milk
2 c. water	1 T. cornstarch
1/2 t. salt	2 T. water

When chicken is put in oven to bake, put giblets and necks in water in saucepan. Add salt, cover and simmer 1 hour. Drain; pour broth in roasting pan in which broilers were baked, scraping and stirring until brown bits are loosened. Measure broth; add evaporated milk. If necessary, add water to make 2 c. Return to saucepan in which giblets were cooked. Remove meat from necks, chop meat and giblets and add to broth. Combine cornstarch and 2 T. water; stir to a smooth paste. Add to broth, cook stirring constantly until mixture comes to a boil.

BUTTERED PEAS

2 pounds fresh peas	1 t. sugar
4 or 5 lettuce leaves	1/2 t. salt
1/3 c. green onion slices	Dash pepper
	3 T. butter

Shell peas, cover bottom of skillet with lettuce; top with peas and onions, sprinkle with sugar, salt and pepper; add butter. Cover tightly, cook over low heat 12 to 15 minutes or until peas are done. Note: Peas cooked this way without water are delicious. No peaking. Rinse lettuce leaves with water before using.

PEACH MELBA

2 t. cornstarch	1/2 c. currant jelly
1/4 c. sugar	Peach halves
1/4 c. cold water	Vanilla ice cream
1 box frozen raspberries or 1 can	

Blend cornstarch and sugar, stir in water. Add raspberries and jelly, heat stirring constantly until mixture boils and thickens slightly. Cool. Place one peach half, cut side up in sherbet glass or arrange peaches in large serving dish, fill each peach cup with scoop of ice cream. Pour the sauce over the ice cream.

May 29, 1957

ROLLED FLANK STEAK

(The stuffing inside this steak is bulk sausage. As the roll cooks in a tomato sauce, the flavors of the herbs and spices in the sausage transfer to the gravy--delicious.)

1 large flank steak	2 bay leaves
1 pound bulk pork sausage	1 medium onion, chopped
	1 t. salt
1 medium can (No. 303) tomatoes (2 c.)	1/4 t. pepper

Shape the sausage into a cylinder as long as the flank steak. Roll the steak around the sausage and tie at intervals with string. Place roll in baking pan with a cover. Pour tomatoes over the meat, arrange bay leaves on top and sprinkle with chopped onion, salt and pepper. Cover and bake at 350 degrees for 1 1/2 hours. Remove cover and continue to bake 30 minutes to brown the meat. Remove meat to platter, thicken sauce with a little flour if sauce seems a little too thin. Cut roll into about 1/2 inch slices. Serve 2 slices per person. Serves 6.

CHOCOLATE CUSTARD PUDDING

3/4 c. sugar	1/2 t. salt
2 1/2 c. macaroon crumbs	4 T. ground chocolate
	3/4 c. sugar
1/2 c. chopped walnuts	1 quart milk
Grated rind 2 lemons	2 t. vanilla
8 eggs	1/2 pint whipping cream

Butter lightly bottom of 9 inch square baking dish. Melt the 3/4 c. sugar over low heat until it is caramelized, pour over bottom of dish. Sprinkle with the macaroon crumbs, chopped nuts and grated lemon rind. Beat eggs until blended; stir in salt, ground chocolate, the other 3/4 c. sugar, milk and vanilla. Carefully pour over the crumbs. Place baking dish in a pan of water and bake at 350 degrees for 45 minutes or until a knife inserted in the center comes out clean. While hot, turn out on cake plate, so crumb side is up, spooning over caramel syrup left in pan. When cold decorate the top with whipped cream, cut in squares. Serves 12. Note: This recipe can be cut in half and baked in 8" pie plate and cut in wedges. Delicious served slightly warm. Bake pudding with meat if desired.

May 30, 1957

ALMOND SERPENTINES

(These are dainty pastries, not too rich. Like cookies they are ideal to serve to a large group when the occasion demands "finger food" sweets.)

1/2 c. milk	3 c. flour
1/4 c. sugar	3 eggs
1 1/4 t. salt	1/2 c. chopped unblanched almonds
1 t. almond flavoring	
1/2 c. butter	2/3 c. sugar
2 cakes compressed yeast	1 t. cinnamon

Scald milk and stir in the 1/4 c. sugar, salt, almond flavoring and butter; stir until butter is melted. Let cool until lukewarm, then crumble in yeast and stir until dissolved. Sift flour, measure, then sift again. Add 1 c. flour and beat until smooth. Add eggs, one at a time and beat well after each addition. Add the remaining flour and mix thoroughly. Let rise in warm place until almost doubled in bulk, about 1 hour. With scissors cut dough into small pieces about the size of a walnut and stretch each piece until it is about 3 inches long. Roll each piece in a mixture of the nutmeats, the 2/3 c. sugar and cinnamon; then shape into an S on a greased baking sheet. Bake at once at 375 degrees for 10 minutes or until golden brown. Makes 4 1/2 dozen.

May 31, 1957

ASHEVILLE SHRIMP SALAD

Recipe from St. Paul's 8th Antique Show as served at luncheon

1 can Tomato soup, brought to a boil
2 pkgs. Cream Cheese, stirred into soup until cream. Remove from heat and add:

1 c. mayonnaise	1/2 c. green pepper, chopped
2 T. unflavored gelatin soaked in 1/2 c. cold water	1 onion, chopped
1/2 c. celery, finely chopped	1 can (or 1 pkg. frozen) shrimp, lobster or crabmeat

Season to taste, mold and chill overnight. Serves 12 to 14.

SPONGE CAKE ROLL

(Dessert for Graduation Party)

4 eggs	3/4 c. sugar
1 t. baking powder	1 t. vanilla
1/4 t. salt	3/4 c. cake flour

Have eggs at room temperature. Grease bottom of 15 x 10 x 1 inch pan. Line bottom with waxed paper and grease lightly. Beat eggs until foamy, add baking powder and salt and beat until very light. Add sugar about 1 T. at a time and continue beating until very thick. Fold in vanilla and flour. Pour batter into prepared pan and bake at 400 degrees for 13 minutes. While cake is baking, sift confectioners sugar lightly over towel. Loosen cake from pan, quickly remove waxed paper. Spread cake with chocolate filling. With [illegible] hands roll up cake from narrow side, continuing rolling by lifting towel with left hand and guiding [illegible] with right hand. Cool on cake rack. S[illegible] with confectioners sugar. Yield: 12 s[illegible]

CHOCOLATE FILLING

[illegible] sweet chocolate bits
[illegible] evaporated milk

[illegible] chocolate bits and evaporated milk in s[illegible] low heat. Cook slowly until mixture [illegible] to a boil and cook stirring constantly [illegible] mixture is slightly thickened, about 3 to 5 mi[illegible]

WROC - Television
Channel 5

TRUDY McNALL'S
HOME COOKING RECIPES

June 3 - 14, 1957

Weekdays
9:00 to 9:30 A.M.

June 3, 1957

SCALLOPED HAM AND POTATOES

2 T. flour
1 t. salt
Dash pepper
1 can cream of mushroom soup
1/2 c. milk
6 c. sliced potatoes
1/4 c. chopped green pepper
1/4 c. chopped onion
2 T. chopped pimiento
1 slice smoked ham, 1/2 inch thick

Combine flour, salt and pepper. Stir in soup and milk and heat to boiling. Combine potatoes, green pepper, onion and pimiento; place in greased 2-quart casserole. Pour soup mixture over. Mix lightly. Cut ham in serving pieces, place on top of casserole. Bake covered at 350 degrees for 45 minutes, uncover and bake 45 minutes longer. For a party finish garnish with fresh sauteed or hot canned mushrooms. 6 servings.

SUPER SALAD BOWL

1/2 head lettuce
1/4 bunch endive
1/2 bunch watercress
2 tomatoes, cut in wedges
2 stalks celery, cut in sticks
6 radishes, sliced
3 green onions, chopped
1/2 green pepper, sliced
*1/4 c. Blue-Cheese French Dressing

Break lettuce in large bowl; tear endive and watercress in small pieces. Arrange remaining vegetables on top. Pour dressing over salad and roll greens with a fork and spoon to mix. Serve immediately. 6 servings.

*BLUE-CHEESE FRENCH DRESSING

1/4 pound blue cheese, crumbled
1/2 c. salad oil
2 T. vinegar
1 T. lemon juice
1 t. sugar
1/2 clove garlic, minced
Dash Tabasco
Salt and pepper

Combine all ingredients and shake in a Mason jar. Refrigerate.

COCONUT APPLE STRIPS

2 c. cake flour
1 t. salt
1/2 c. shortening
3 T. evaporated milk
3 T. cold water
4 c. sliced apples
1/2 c. sugar
1/2 t. cinnamon
2 T. butter
*Coconut topping

Sift flour and salt. Cut in shortening until crumbly. Combine evaporated milk and water and stir in. Turn out on lightly floured pastry cloth and roll into a rectangle that will line bottom and sides of 6 x 9 inch baking dish; press into corners. Combine apples, sugar and cinnamon. Arrange in pastry lined pan, dot with butter. Bake in hot oven at 425 degrees for 25 minutes. Remove from oven and spread on coconut topping. Return to oven and bake at 325 degrees (moderately slow oven) for 20 minutes or until lightly browned. Cool, cut in squares.

*Coconut Topping:

1 egg
1/2 c. evaporated milk
1/8 t. salt
1/2 c. sugar
2 c. shredded coconut

Beat egg; mix with evaporated milk. Add remaining ingredients. Spread over apples, bake as directed above. Cut into strips to serve. Serves 8.

June 4, 1957

Supper Special

BAKED FRANKS WITH HOT POTATO SALAD

6 to 8 slices bacon chopped
1/4 c. chopped onion
1 T. flour
1 T. sugar
1 t. salt
Dash pepper
1/3 c. vinegar
1/4 c. water
3 T. mayonnaise
4 c. diced cooked potatoes
3/4 t. salt
1 pound frankfurters
2 hard cooked eggs
1 T. minced parsley
1/2 t. celery seed

Cook bacon until crisp; add onion and cook until tender but not brown. Blend in flour, sugar, salt and pepper. Add vinegar and water, cook stirring constantly until thick. Remove from heat, add salad dressing. Sprinkle potatoes with salt, pour dressing over and toss lightly. Stand frankfurters, cut in half, around inside edge of 8 x 2" round baking dish; fill center with potato salad. (To hold franks in place, put part of potato salad in center first.) Bake in moderate oven 350 degrees, 20 minutes or until hot. Top with egg slices and sprinkle with parsley and celery seed. Serve hot. 6 servings.

CHOCOLATE CHARMERS

1 c. chocolate bits
3 egg whites
1 c. confectioners sugar
1/2 c. soda cracker crumbs
1/2 c. chopped nuts
1 t. vanilla

Melt chocolate over warm, not hot water, stirring several times as it melts, cool slightly. Beat egg whites until they form soft peaks, add sugar gradually and continue beating until stiff but not dry. Fold in cracker crumbs, nuts and vanilla. Lastly fold in cooled chocolate. Drop by teaspoonfuls onto a greased cooky sheet. Bake at 325 degrees for 15 minutes. Makes 3 dozen. Note: These rich, shiny topped cookies taste like a cross between a brownie and a meringue.

June 5, 1957

DEARIE'S BAKED BEANS

2 pounds beans (white marrow fat Imperial or white kidney or Great Northern)
6 oz. salt pork
2 medium sized yellow onions
1/2 t. dry mustard
1 t. white pepper
2 T. salt
3 T. brown sugar, heaping
1/3 c. molasses
Dash of paprika, if desired

Wash and pick over beans. Place in large kettle and cover with 3 to 4 quarts cold water. Let stand 12 hours. Pour off water. Add enough cool fresh water to cover about 2" above top of beans. Heat just to boiling point. Remove from heat. Skim, save water in which beans have been heated. From the piece of pork, cut a thin slice and place on bottom of bean pot. Fill 1/3 full of beans; add pork which has been scored, (rind left intact) add more beans; add onions which have been quartered; add more beans and all the seasonings, sugar and molasses. Cover with water which you save, any water left over can be used later. Cover beans, bake at 275 degrees for 7 hours. After each hour or 1 1/2 hours remove lid, add enough remaining liquid or hot water to cover beans. Increase temperature to 300 during last hour of baking.

SPANISH CREAM

1 T. unflavored gelatin
6 T. sugar, divided
1/8 t. salt
2 eggs, separated
2 c. milk
1 t. vanilla

Combine gelatin, 2 T. of the sugar and salt in saucepan. Beat together the 2 egg yolks and 1 c. of the milk; add to gelatin mixture. Place over low heat, stirring constantly until gelatin is dissolved (about 5 minutes). Remove from heat; add remaining 1 c. of milk and vanilla. Chill until mixture mounds slightly when dropped from a spoon. Beat egg whites until stiff, but not dry. Gradually add remaining 4 T. sugar and beat until very stiff. Fold in gelatin mixture. Turn into a 4 c. mold or individual molds. Chill until firm. Unmold and serve with slightly sweetened fresh sliced strawberries.

June 6, 1957

DAISY PEANUT BUTTER COOKIES
(Rich, tender and delicious)

1 c. shortening
1 c. peanut butter
2 eggs
1 c. granulated sugar
1 1/4 c. brown sugar
3 c. Daisy Pastry Flour
1 t. baking soda
1 t. baking powder
1/2 t. salt

Cream shortening and peanut butter. Add eggs and mix well. Blend in sugars. Sift flour, soda, baking powder and salt and add to first mixture. (Dough will be rich and crumbly.) Round up dough in teaspoon about the size of a walnut and drop on lightly greased cookie sheet about 2 inches apart. Flatten with fork dipped in cold water. Bake at 350 degrees about 12 minutes. Makes 4 dozen.

June 7, 1957

A GRADUATION BUFFET FOR 12

(A buffet supper is a pleasant way to entertain informally for the high school or college graduate. This meal is planned to appeal to young sophisticates with hearty appetites of youth.)

Melon and Ginger Cocktail
Beef Stroganoff — Rice
French Garlic Bread — Green Beans Amandine
Baked Strawberry Alaska

MELON AND GINGER COCKTAIL

Use a couple of varieties of melons such as, honeydew, and cantaloupe. Cut the melons in balls. You will need 2 quarts of melon balls for 12. Make a ginger sauce of 1 1/2 c. sugar, 1/4 c. white corn syrup, 1/2 c. water and 2 T. grated or finely chopped preserved ginger. Cook sauce 6 minutes. Cool and add 2 T. lime or lemon juice. Marinate melon balls. Serve in sherbet glasses and garnish with a sprig of fresh mint.

BEEF STROGANOFF
(There are many versions of this popular dish. This is a good one serving 12.)

4 pounds round steak, cut 1/2 inch thick
2 c. sliced onions
1/4 pound butter
1 pound sliced mushrooms
1 c. bouillon
3 c. sour cream
Salt, pepper and mustard to taste

Pound the steak until very thin, then cut in pieces about 3 inches long and 1/2 inch wide. Cut the onion slices in half and cook them in the butter until wilted. Add mushrooms and beef, cook 5 minutes. Pour in bouillon, cover. Simmer until meat is tender and liquid almost evaporated. Stir in the sour cream, salt, pepper and prepared mustard (NANCES, OF COURSE), heat gently, but do not boil.

GREEN BEANS AMANDINE

Slice 3 pounds of beans on a long diagonal, and cook until tender but still crisp. Dress with slivered almonds cooked golden brown in butter.

BAKED STRAWBERRY ALASKA

1 2 quart brick vanilla ice cream
1 8 inch layer sponge or pound cake
2 c. sliced sugared strawberries
6 egg whites
1/4 t. cream of tartar
1 c. sugar

Put heavy aluminum foil on a board slightly larger than the cake. Put the ice cream on the cake and hollow out the center enough to pour in strawberries. Spread surplus ice cream over the opening. Put in the freezer while you make the meringue. Beat the egg whites with the cream of tartar until stiff, then beat in sugar gradually and beat until very stiff. Spread the meringue over the ice cream and cake, covering it completely. Bake in a preheated oven at 450 degrees for about 3 minutes or until delicately browned. Serve at once. Serves 12.

June 10, 1957

MIZZA PIE

from: Eleanor Paradies, Rochester, N.Y.

1 pound ground beef
2/3 c. evaporated milk
1/2 c. fine, dry bread crumbs
1/2 t. garlic salt
1/2 t. salt
1/3 c. tomato paste
2 ounces sliced mushrooms (canned) or 5 ounces fresh mushrooms
1/2 c. sharp cheddar cheese, grated
1/4 t. oregano
2 T. grated Parmesan cheese

Combine meat, milk, crumbs, salts. Pat evenly in bottom and sides of 9 inch pie plate. Spread with tomato paste, sprinkle with cheese, arrange sliced mushrooms over all. Top with grated Parmesan cheese, finely crumbled oregano. Bake at 375 degrees 25 to 30 minutes.

CHILLED MINT SQUARES

(Here is an easily prepared dessert that "cooks" in the refrigerator overnight. The peppermint candy makes this dessert seem less rich and sweet. May be served with bitter sweet chocolate sauce, but not necessary.)

2 c. graham cracker crumbs (about 18)
1 c. crushed peppermint candy
1 c. miniature marshmallows
1/2 c. chopped walnut meats
1 pint Genesee Country medium cream
2 t. vanilla

Lightly butter a 9 inch square pan. Sprinkle half of the graham cracker crumbs over the bottom. Combine the crushed candy, marshmallows and nut meats. Whip cream until stiff, add to first mixture, spread over crumbs, top with remaining crumbs. Chill overnight. Serves 12.

June 11, 1957

RECEPTION IDEAS

Stromboli Punch
Butter Nut Balls Lemon Cookies
and/or
Small Cakes with Rainbow Coconut Frosting

STROMBOLI PUNCH

1 6 ounce can frozen concentrated grape-fruit juice
1 6 ounce can frozen concentrated orange juice
1 6 ounce can frozen concentrated lemonade
1 pint cold water
16 large ice cubes
1 quart gingerale or soda water
1 quart lime sherbet
2 ounces dry ice

Empty unthawed juices into a gallon punch bowl. Add water and stir vigorously until well blended. Add ice cubes and let stand 10 to 15 minutes, stirring occasionally. Just before serving add gingerale or soda water and mix well. Add sherbet in small portions--12 to 16 to a pint. Put small chunks of dry ice into punch bowl using tongs to prevent injury to finger. Stir punch well to melt sherbet and start action of dry ice. (The punch will bubble and give the "Stromboli" or volcano effect. BE CAREFUL WHEN SERVING NOT TO ALLOW ANY DRY ICE TO GO INTO SERVING CUPS. Makes 15 to 20 1/2 c. servings.
Note: If the punch is served at intervals more dry ice can be added to repeat the "Stromboli" effect for new guests.

LEMON DROPS

2/3 c. soft shortening
1 c. sugar
1 egg
3 T. lemon juice
1 T. grated lemon rind
2 c. flour
1/2 t. baking soda
1/2 t. salt

Cream sugar, shortening, egg, lemon juice and rind until fluffy. Add sifted dry ingredients. Drop by spoonfuls onto lightly greased cookie sheets. Bake at 375 degrees for 12 to 15 minutes. Makes about 3 1/2 dozen.

BUTTER NUT BALLS

1 c. butter
1/2 c. confectioners sugar
1/2 t. salt
2 t. vanilla
2 c. flour
1 c. finely chopped nuts
1/4 c. confectioners sugar

Cream butter and sugar until creamy. Add salt, vanilla, flour and nuts. Mix well. Shape dough into 1 inch balls. Place on ungreased baking sheet. Bake at 375 degrees for 12 to 14 minutes or until light golden brown. Roll in confectioners sugar when still warm. Let cool, then roll in confectioners sugar again. 3 dozen.

SMALL CAKES WITH RAINBOW COCONUT FROSTING

1. Bake yellow or white cake in pan so finished cake is about 2 inches thick. (A standard 2 egg yellow cake recipe, or any of the cake mixes can be baked in a 13 x 9 x 2" pan so to obtain this thickness.) Small cup cakes also can be used. Let cake cool, and cut into 1 1/2-2" squares or other rectangular shapes, about 24 servings.

2. Using 2 cans (2 cups) moist coconut, divide into 3 portions. Place each portion into a pint jar with 1 t. water and 2-4 drops of food coloring. (Green, yellow and pink should be used to carry out color scheme with STROMBOLI PUNCH.) Empty coconut onto wax paper and let stand 5-10 minutes. Mix the three portions of coconut together.

3. Make 7 minute type frosting. Sprinkle coconut on frosted cakes or roll cakes into coconut after frosting. Let stand for at least 1 hour before serving. (Cake pieces can be iced easily if pieces are impaled on a firm, short skewer, so they can be held and turned readily.)

4. Cake or cupcakes can be made, wrapped and frozen if desired. Cake can be easily cut while still frozen and icing on sides is more easily done if cakes are firmly frozen.

5. Coconut can be tinted then wrapped and frozen if desired. To use, remove from food freezer and thaw just enough to break up and separate, so coconut can be sprinkled on iced cakes.

NOTE: Last minute preparation will be at a minimum for the cakes and cookies can be made days in advance and stored in the freezer. (Cakes should be frosted and decorated the day of the party since it is undesirable to freeze fluffy type frostings.)

June 12, 1957

BEEF AND LIVER SAUSAGE BIRDS

1 beef round steak, cut 1/2 inch thick
1/4 pound liver sausage, crumbled
1 c. coarse dry bread crumbs
3 T. finely chopped onion
1/4 c. chopped dill pickle
1/4 t. salt
1 t. Nances mustard
1/2 t. Worcestershire sauce
1 egg, beaten
3 T. shortening
1/2 t. salt
Dash pepper
3/4 c. water
1/2 c. dill pickle juice
2 T. diced pimiento
Flour for gravy

Cut round steak into 5 or 6 servings. Pound to 1/4 inch thick. Mix together liver sausage, bread crumbs, onion, pickle, 1/4 t. salt, mustard, Worcestershire sauce and egg. Place approximately 1/4 c. of mixture on each piece of steak and roll like a jelly roll. Fasten with wooden picks or skewers. Brown meat slowly in shortening. Pour off shortening. Season with 1/2 t. salt and pepper. Add water and dill pickle juice. Cover tightly and simmer 1 1/2 hours or until meat is tender. Thicken liquid for gravy and serve over meat. Top with pimiento. 5 servings.

Note: Birds may be baked in oven at 350 degrees for 1 1/2 hours. Bake a pudding with the meat.

NEW ENGLAND SUPPER PUDDING

2 squares unsweetened chocolate
2 1/4 c. milk
2 eggs
1/2 c. sugar
1/4 t. salt
1 t. vanilla
4 slices stale bread, crusts removed
Confectioners sugar

Add chocolate to milk in saucepan. Place over medium heat and stir until chocolate is melted and mixture is blended. Beat eggs until foamy; stir in sugar and salt. Add chocolate mixture gradually, stirring vigorously. Add vanilla and blend. Place bread in greased 1 1/2 quart baking dish; pour mixture over bread and let stand about 5 minutes. Place dish in pan of hot water and bake at 350 degrees for 50 minutes or until pudding is firm. Sprinkle with confectioners sugar. Serve warm, or cool to room temperature. 6 servings.

June 13, 1957

BOSTON BROWNIE CHIPS

3 squares unsweetened chocolate
1/3 c. shortening
1 c. sugar
1 1/2 t. vanilla
1 egg
1 c. flour
1 t. baking powder
1/8 t. salt
1 T. milk
1/3 c. chopped nuts
Confectioners sugar

Melt chocolate and shortening together. Add sugar and vanilla; mix well. Add egg and beat thoroughly. Sift together flour, baking powder and salt. Add to chocolate mixture; add milk and nuts. Mix well. Chill several hours. Form dough into small balls. Place on ungreased baking sheet and bake in moderate oven 375 degrees 8 to 10 minutes. While still warm roll in confectioners sugar. Makes 3 dozen.

June 14, 1957

BEST STRAWBERRY JAM

1 quart strawberries
4 c. sugar
2 T. vinegar

Combine whole strawberries and vinegar. Boil 3 minutes. Add sugar, boil 6 minutes. Let stand 48 hours, stir frequently. Pour cold into jars. Mixture will be very thin, thickens as it stands.

PICNIC IN THE PARK

Cold Southern Fried Chicken
Buttered Rolls Whole Tomatoes
Potato Chips Carrot Sticks
Picnic Devils Food Cake Beverage
Fresh Fruit

SOUTHERN FRIED CHICKEN

1 ready-to-cook fryer chicken or favorite parts
1/2 c. flour
Oil to depth of 1 to 1 1/2 inches in skillet
1 1/2 t. salt
Dash pepper

Combine flour and seasonings. Coat dry chicken pieces with this mixture. Heat oil in heavy skillet. Place chicken in hot oil, thicker pieces near center. Cover and cook 10 to 15 minutes. When golden brown, turn, reduce heat. Finish cooking without cover until tender and rich brown. Drain on absorbent paper. Cool quickly. Refrigerate. 4 servings.
Note: When buying parts of chicken allow 2 pieces per person, leg and thigh would be 2 pieces. Breast usually cut into 2 parts.

PICNIC DEVIL'S FOOD CAKE

1 c. cake flour
1/2 t. soda
1/2 t. salt
1/4 c. shortening
2/3 c. sugar
1 egg
1 1/2 squares unsweetened chocolate
1/2 c. plus 1 T. milk
1/2 t. vanilla

Sift flour, soda and salt. Cream shortening and sugar, add egg and beat well. Add melted chocolate and mix to blend. Add flour alternately with milk, add vanilla. Pour into greased and floured 8 x 8 x 2 inch pan and bake at 350 degrees for 30 minutes. Spread hot cake with Praline topping, return to oven and bake 10 minutes longer or until topping is bubbly and golden brown.

Praline Topping:

3 T. melted butter
1 T. water
1/3 c. brown sugar
1 T. cake flour
1/3 c. finely chopped nuts

Combine ingredients and mix well.

TRUDY McNALL'S

HOME COOKING RECIPES

JUNE 17 - 28, 1957

WROC - Television
Channel 5

Weekdays
9:00 to 9:30 A.M.

June 17, 1957

PARTY SANDWICHES

I. The Fillings: First make Tangy Butter, a mixture that is the basis for 4 distinctly different spreads. Combine the following in a bowl and beat until fluffy: one cup of soft butter, 1 T. lemon juice, 1 t. Worcestershire sauce, 1 T. Nances Mustard Supreme. Divide into 4 parts and place in separate bowls, for each of the 4 variations.

SARDINE BUTTER: Mash a 3 3/4 oz. can of sardines and add it to 1/4 c. of basic mixture.

CREOLE BUTTER: Tangy Butter plus 1 T. each of finely chopped stuffed olives and sweet pickle, 1 finely chopped pimiento and 1/4 t. paprika.

LIVERWURST: Add 2 slices of liverwurst to Tangy Butter.

DEVILED HAM BUTTER: Tangy Butter plus 1 2 1/4 ounce can deviled ham, 2 T. finely chopped pickles and 1 t. chopped onion, all blended together.

II. The Sandwiches:

1. Pinwheel. Make from unsliced bread, sliced lengthwise, crust removed. Spread evenly with Liverwurst Butter. Place a pickle at the end of each slice and proceed to roll up. Wrap the rolls in waxed paper and chill for a few hours or overnight. When ready to serve, slice into pinwheels.

2. Cornucopias. Make from thin sliced bread from which the crust is first removed. Spread each slice with the desired filling, bring the two opposite corners together and fasten with a toothpick. Place pimiento strips in the center for color. And for extra-special flavor, brush the outsides of each cornucopia with melted butter and broil a few minutes before serving. (Here's a hint to make the bread thin enough to fold nicely. Flatten each slice with a rolling pin.)

3. Ribbon Sandwiches. Alternate slices of whole wheat and white bread, four altogether, and spread with different fillings in between. Chill a few hours, then cut through.

4. There are as many sandwich shapes as there are cooky cutters in your possession. Spades, hearts, clubs and diamonds are most appropriate for the bridge club. Cover with a variety of spreads and garnish with a little chopped parsley around the edges perhaps, olive or pickle slices or pimiento strips.

III. Storage: Make these sandwiches in advance, if you like, and store in waxed paper, plastic bags or in a cloth wrung out in cold water. Many types of sandwiches can be frozen but not longer than two weeks is recommended. In choosing recipes for freezing sandwiches, avoid mayonnaise and boiled salad dressing, hard cooked egg whites, jellies and all crisp salad materials. Most garnishes cannot be frozen, they can easily be added just before serving.

SWEDISH TEA PARTY

1/2 pound butter
1/2 pound cottage cheese
1/2 pound flour, all purpose

Blend butter and flour together as for pastry, stir in cottage cheese. This makes a soft dough. Refrigerate for at least two hours. Roll out 1/4 inch thick. Cut with 3 inch cutter. Place on greased baking sheet. In center of each circle place small spoonful orange marmalade, cherry or strawberry preserves. Fold over and pinch edges together to seal tightly. Place cookie sheet in refrigerator to chill additional hour. Bake in 425 degree oven for 15 to 20 minutes or until lightly browned. While pastries are still hot, brush with thin confectioners sugar icing. This recipe is most successful if all ingredients are weighed rather than measured. However, if no scale is available, 1/2 pound butter is 1 c., 1/2 pound cottage cheese is 1 cup plus 2 T., and 1/2 pound flour is 2 c. sifted flour. Yield: 4 dozen small pastries.

ORANGE BLOSSOM PUNCH

3 c. sugar
3 c. water
6 c. chilled grapefruit juice
6 c. chilled orange juice
1 1/2 c. chilled lime juice
1 1/2 quarts gingerale

Combine sugar and water in saucepan. Place over heat and stir until sugar is dissolved. Boil 5 minutes. Cool. Add juices, just before serving add gingerale. 50 servings.

ORANGE BLOSSOM RING

Fill 5 c. ring mold with water. Float orange blossoms or other small blossoms of your choice and small green leaves in the water and freeze. Float on top of punch.

June 18, 1957

SUPPER MENU

Broiled Ham Slice — Orange Fritters
Buttered Broccoli — Tomato Endive Salad
French Bread or Soft Raisin Muffins
Peppermint Ice Cream — Beverage

BROILED HAM SLICE

Smoked Ham slice, cut 1 inch thick

Place ham slice on broiler rack. Insert broiler rack and pan so the top surface of the meat is 2 to 3 inches from the heat. Broil until ham is nicely browned, about 10 minutes. Turn and continue broiling until browned, about 10 minutes. 4 servings.

ORANGE FRITTERS

1 c. flour
2 T. sugar
1/2 t. salt
2 t. baking powder
1 egg, slightly beaten
1/2 c. milk
4 oranges, peeled and sectioned
1/3 c. confectioners sugar
1/3 c. flour
Shortening for deep fat frying

Sift flour, sugar, salt and baking powder. Combine egg and milk, add gradually to dry ingredients. Stir until batter is smooth. Combine confectioners sugar and 1/3 c. flour and coat orange sections with mixture. Dip in fritter batter. Fry in deep fat 360 degrees F. until brown, 4 to 5 minutes. Drain on absorbent paper. Serve immediately. Sprinkle with confectioners sugar if desired. 28 to 32 small fritters.

SOFT RAISIN MUFFINS

from: Mrs. Edith Macdougall, Peterboro, Can.

1 c. seedless raisins
1 1/3 c. water
1/3 c. shortening
3/4 c. brown sugar
1 egg
1 c. Daisy pastry flour
1 t. soda
1 t. salt
1 t. vanilla
(1/2 c. liquid measured from raisins)

Cook raisins in water, uncovered, for 10 minutes. Drain and measure 1/2 c. liquid. Cream shortening and sugar, add egg, and beat well. Sift flour, soda and salt. Add vanilla to measured 1/2 c. liquid. Add dry ingredients alternately with liquid, stir in raisins. Bake in medium or small muffin tins at 375 degrees about 20 minutes.
Note from Mrs. Macdougall: These are wonderful for afternoon tea. They may be reheated in just minutes!

June 19, 1957

Especially for the Bride. Are you looking for bridal menu fare whether it be an afternoon tea, luncheon dessert, or evening shower? Whatever the occasion something light, airy and pretty is of prime importance. Here is a dessert, easy to make, inexpensive, highly nutritious but low in calories. Any bride will delight in this feature. Whipped instant nonfat dry milk is the important ingredient.

ORANGE CHARLOTTE

1 package orange flavored gelatin
1 c. boiling water
1 6 oz. can frozen orange concentrate
3 T. lemon juice
1/4 c. sugar
1/3 c. ice water
1/3 c. instant nonfat dry milk
1 dozen lady fingers
1 t. grated lemon rind

Dissolve gelatin in boiling water. Add unthawed orange concentrate, lemon juice, sugar and grated lemon rind. Let stand until the mixture thickens. Place ice water in small mixer bowl, add instant nonfat dry milk, beat until mixture stands in stiff peaks. Add gelatin mixture. Beat until fluffy. (If mixture looks too thin, cool in refrigerator for about 20 minutes.) Arrange split lady fingers vertically around 8" spring form pan. Pour in the slightly thickened orange mixture. Chill for several hours. Wedges or strips of sponge cake may be used in place of lady fingers.

A SWEET CORSAGE PLACE CARD

Make it of 10 pastel-colored candied almonds. Wrap each in a small cellophane square, twisting the ends tightly. The stem is tightly rolled cellophane; the nuts are attached with fine wire. Tie two or three sprays of lilies of the valley or orange blossoms at the stem end with white satin ribbon and attach a place card.

PETIT FOURS

Genoise Cake:

3 T. butter
5 eggs
1 c. less 1 T. sugar
1/4 t. vanilla
1/8 t. almond extract
1 1/4 c. cake flour

Butter bottom of jelly roll pan 15 1/2 x 10 1/2 x 1 inch. Line with waxed paper cut to fit exactly; butter paper. Melt over hot water and butter and cool. Put eggs in top of 3 quart double boiler, add sugar. Place over hot water and beat constantly until mixture is thick and piles softly (about 10 minutes with electric mixer). Remove from heat and continue beating until mixture is cold. Blend in flavorings. Fold in flour 1/4 at a time. Last fold in butter, folding only until blended. Pour batter into pan and bake at 325 degrees for 40 to 45 minutes. Remove from pan, peel off paper, cool on rack top side up. Cut into small squares or if desired cut in fancy shapes with cookie cutters.

Petit Fours Icing:

1 1/2 c. granulated sugar
3/4 c. water
1 1/2 T. light corn syrup
6 1/2 c. confectioners sugar

Cook together until clear the granulated sugar, water and light corn syrup. Let syrup stand for 3 or 4 minutes, add sifted confectioners sugar a little at a time, beating until icing is smooth, shiny and lukewarm. If it becomes too thick, thin down with a teaspoon or so of hot water and if too thin add a little more confectioners sugar. Keep fondant over hot water when not pouring. Place cakes on cake rack and pour icing over them. The icing that drains off may be saved and reheated for further pouring.

Decorate as desired with chocolate shot, finely chopped nuts, coconut, candied cherries or force decorative frosting through pastry tube to form rosettes, flowers, leaves, etc.

June 20, 1957

More Ideas for Receptions. . . .

PETIT STRAWBERRY MERINGUES

3/4 c. sugar
2 egg whites
1/2 t. cornstarch
1 t. vanilla

Put sugar in a bowl and set in a pan of hot water, over low heat until sugar is warm. Take off, make hole in middle of sugar and add 2 egg whites. Beat at high speed for 5 minutes. Add cornstarch and vanilla. Drop by small spoonfuls on baking sheet that has been greased and dusted with cornstarch or force through pastry tube into small rosettes with slight indentation in center. Make indentation each meringue with back of spoon if dropping them from a spoon. Bake 25 minutes at 275 degrees. Just before serving place half a sliced strawberry on each meringue, cut side down. Makes 48.

June 21, 1957

SALMON IN FOIL

4 salmon steaks (serving size)	1 lemon sliced
1 onion, sliced	4 t. Worcestershire sauce

Salt and pepper

Put each salmon steak on a piece of aluminum foil large enough to wrap it completely. Top each piece of salmon with 1 slice onion, 1 slice lemon and 1 t. Worcestershire sauce. Season with salt and pepper. Pinch foil together to seal. Place on a shallow pan. Bake at 350 degrees 50 minutes. Serves 4. Note: The simple seasonings completely penetrate the salmon, keeps the fish moist. Be sure to serve the salmon in the foil.

COFFEE CHIFFON CAKE

2 eggs, separated	1 t. salt
2 1/4 c. cake flour	1/2 c. salad oil
1 c. sugar	1 c. milk
1 T. baking powder	1 T. vanilla
1 T. powdered coffee	1/2 c. sugar

Separate eggs, let whites stand at room temperature for 1 half hour. Sift together into a bowl flour, sugar, baking powder, instant coffee and salt. Make a well in center of dry ingredients, pour in salad oil. Combine milk and vanilla. Add one half of the milk mixture to the bowl with other ingredients. Beat 1 minute at medium speed, scrape bottom and sides of bowl constantly. Add egg yolks and remaining milk mixture. Beat 1 minute. Set aside. Beat egg whites until frothy, add gradually the remaining 1/2 c. sugar and continue to beat until egg whites are stiff. Fold egg whites into cake mixture. Turn into 2 greased and floured 9 inch layer cake pans. Bake at 350 degrees for 30 minutes. Frost with Coffee Cream-Cheese Icing.

COFFEE CREAM CHEESE FROSTING

1 T. powdered coffee	5 c. sifted confectioners sugar
1 t. vanilla	Several drops of milk or cream
1/2 t. water	Chopped toasted almonds
6 ounces cream cheese, softened	

Combine coffee, vanilla and water. Combine with cream cheese and blend together until smooth and fluffy. Gradually beat in sugar, thin with milk or cream if necessary. Frost cake and sprinkle top with chopped or slivered toasted almonds.

June 24, 1957

DINNER MENU

Criss-Cross Veal Patties
Whipped Potatoes Pickled Beets and Onions
Mixed Green Salad Rye Bread
Black Bottom Almond Pie Beverage

CRISS-CROSS VEAL PATTIES

1 1/2 pounds ground veal	2 T. lemon juice
1/2 pound ground pork	1 t. salt
1/2 c. coarse dry bread crumbs	1 t. celery salt
1/2 c. evaporated milk	1/4 t. pepper
2 eggs, slightly beaten	16 slices bacon

Combine veal, pork, bread crumbs, milk, eggs, lemon juice and seasonings. Shape meat mixture into 8 patties. Lay bacon slices one across the other to form 8 crosses. Place a meat patty on the center of each cross. Shape bacon slices around patties. Place patties on a rack in an open roasting pan so that the ends of the bacon slices are on underneath of each patty. Bake at 350 degrees for 40 to 45 minutes.

BLACK BOTTOM ALMOND PIE

Pastry (baked) for 1 9" crust pie	1/8 t. salt
2/3 c. almonds (4 oz.)	3 eggs, separated
1 sq. chocolate	1 t. vanilla
1/4 c. water	1/4 t. cream of tartar
1 T. unflavored gelatin	Dash salt
1 1/2 c. milk	1/4 c. sugar
1/4 c. sugar	Whipped cream for garnishing

Toast almonds, reserve 12 for garnishing, chop remaining. Melt chocolate, set aside to cool. Sprinkle gelatin over 1/4 c. water. Blend milk, sugar and salt, scald in double boiler. Add a little of the hot milk mixture to egg yolks, immediately blend into mixture in double boiler, cook stirring constantly until mixture coats a spoon. Remove from heat, add softened gelatin and vanilla. Remove 1/2 c. of cooked mixture from double boiler and set aside to use in chocolate filling. Set remaining mixture aside to cool. For chocolate filling stir into the 1/2 c. of vanilla filling 2 T. sugar and then blend in chocolate. When cool, pour into pastry shell and spread evenly over bottom, chill in refrigerator until firm. When chocolate layer is firm, beat until frothy the 3 egg whites, add cream of tartar and salt and beat until almost stiff, then gradually beat in 1/4 c. sugar and continue beating until stiff. Blend chopped almonds in cooled vanilla filling. Fold egg whites into vanilla filling. Spoon over chocolate layer in pastry shell. Chill until firm. Just before serving top with sweetened whipped cream and reserved toasted almonds.

June 25, 1957

BREAKFAST SPECIALS

SCRAMBLED EGGS

6 eggs	3/4 t. salt
6 T. dairy sour cream (Genesee Country)	Dash pepper
1 t. Nances Mustard	Paprika

Whip eggs until well blended, but not fluffy. Add remaining ingredients. Heat 2 T. butter in frying pan; pour in egg mixture. Cook slowly until just barely set. Note: Sour cream makes these Scrambled Eggs exceptionally creamy.

BREAKFAST PUFFS

1/3 c. shortening	1 1/2 t. baking powder
1/2 c. sugar	1/2 t. salt
1 egg	1/4 t. nutmeg
1 1/2 c. flour	1/2 c. milk

Combine shortening, sugar and egg. Beat thoroughly. Sift dry ingredients, add to egg mixture alternately with milk. Fill greased muffin tins 2/3 full. Bake about 20 minutes at 350 degrees. Remove from pans and while still hot, dip in 6 T. melted butter and then roll in mixture of 1/2 c. sugar and 1 t. cinnamon. Serve hot. 1 doz.

CRISPY WAFFLES

1 3/4 c. flour	1 1/4 c. milk
3 t. baking powder	1/2 c. melted shortening or salad oil
1/2 t. salt	2 egg whites, stiffly beaten
2 egg yolks, beaten	

Sift dry ingredients together. Mix yolks with milk and melted shortening or oil. Stir into dry ingredients. Fold in beaten egg whites. Bake in hot waffle iron.

June 26, 1957

CHICKEN SMOTHERED IN ONION RINGS

Chicken legs, thighs or breasts, as many as desired	Butter
Onions, sliced very thin	Lemon juice
	Salt and pepper

Arrange chicken in shallow buttered casserole. Blanket with onion rings. Dot with butter; sprinkle with lemon juice, salt and pepper. Bake at 350 degrees until tender, about 1 hour.

ICEBOX ANGEL FOOD CAKE

1 - 10" angel food cake	6 T. cocoa
Filling:	3 c. whipping cream
6 T. sugar	2/3 c. slivered toasted almonds
1/8 t. salt	

Place cake upside down on plate. Slice entire top from cake, about 1" down. Lift off top and lay to one side. Cut down into the cake 1" from outer edge and one inch from middle hole, leaving a substantial "wall" of cake about an inch thick and a one inch base at bottom. Remove center with spoon or curved knife, being careful to leave the wall intact. Completely fill cavity with chilled filling. Replace top of cake and cover top and sides with remaining chilled cream mixture. Sprinkle with chopped almonds. Chill at least 4 hours. Filling: Mix together the sugar, salt, cocoa and whipping cream. Chill at least an hour. Whip until stiff. Fold into about 1/2 of the mixture about half of the toasted almonds. Use this part to fill the cake cavity. Use remaining whipped cream mixture to frost the cake and then sprinkle with remainder of nuts.

June 27, 1957

CHOCOLATE SNOWFLAKE COOKIES

1c granulated sugar

2 sq. chocolate	1 t. baking powder
1/4 c. shortening	1/4 t. salt
1 c. chopped nuts	2 eggs
1 c. flour	1 t. vanilla

Sifted confectioners sugar

Melt together chocolate and shortening. Chop nuts coarsely. Sift flour, baking powder and salt. Beat eggs and vanilla, add eggs to cooled chocolate mixture. Blend in dry ingredients. Chill dough at least 2 hours. Roll small pieces of dough between palms to form balls about 1 inch in diameter. Roll balls in confectioners sugar. Place 2 inches apart on lightly greased cookie sheet. Bake at 400 degrees 10 to 12 minutes. Makes about 4 dozen.

June 28, 1957

DAISY PASTRY MIX

2 c. shortening	1 T. salt
6 c. Daisy pastry flour	

Sift flour and salt into bowl. Cut in shortening using a pastry blender until the mixture is the consistency of corn meal and small peas. Store in a covered container in a cool place or refrigerator. Use as needed to make pie dough. See chart below.

HOW TO MAKE PASTRY

Size of Pie	Pastry Mix	Amount of Water
One crust 8 inch	1 1/4 cups	1 to 2 T.
Two crust 8 inch	2 cups	2 to 3 T.
One crust 9 inch	1 1/2 cups	2 to 3 T.
Two crust 9 inch	2 1/2 cups	3 to 4 T.

SUNDAY STRAWBERRY PIE

Prepare but do not bake a 9 inch pastry shell.

4 c. strawberries	1 c. flour
1 c. dairy sour cream	1/4 t. salt
1 1/4 c. sugar	2 T. sugar

Sort, rinse, drain, hull and cut berries in half. Place in pastry shell. Combine remaining ingredients except the 2 T. sugar and pour over strawberries. Sprinkle the 2 T. sugar over the top. Bake at 450 degrees for 10 minutes, reduce heat to 350 and bake 30 minutes longer or until topping is lightly browned.

PEACH UPSIDE DOWN HAM LOAF

3 canned peach halves	1 c. milk
2 c. ground cooked ham	2 eggs, beaten
1 lb. ground lean pork	1 T. Nances mustard
1 c. fine dry bread crumbs	1/4 t. salt
1 t. Worcestershire sauce	Dash pepper
	Currant jelly

Grease a 9 1/2 x 5 1/2 x 2 3/4 inch loaf pan. Arrange peach halves cut side down in loaf pan. Combine remaining ingredients except jelly. Pack lightly into pan. Bake at 350 degrees for 1 1/2 hours. After baking, pour off excess liquid, unmold. Fill peach cavities with jelly.

TRUDY MC NALL'S

Rochester's FIRST Station

WROC-TV

CHANNEL 5

A TRANSCONTINENT TELEVISION CORPORATION STATION

ROCHESTER BROADCASTING CENTER

201 HUMBOLDT STREET, ROCHESTER 3, N. Y.

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MISC[illegible]NEOUS

General Information fo[illegible]r-the-
Coals Cooking . . . . . July 1

WROC - Television
Channel 5

Home Cooking Presents
"JOLLY MEALS FOR JULY"
featuring
Outdoor Cooking and Entertaining
July 1 - July 12, 1957

Weekdays
9:00 to 9:30 A.M.

July 1, 1957

Fruit Cocktail
Broiled Chicken Super Scalloped Potatoes
Hot Rolls
Sliced Tomatoes--French Dressing
Chocolate Cake Beverage

BROILED BARBECUED CHICKEN

3 broilers split in half	1/3 c. ketchup
3/4 t. salt	1/3 c. tomato juice
1/2 t. pepper	1 onion, chopped
3/4 t. paprika	2/3 c. water
2 t. sugar	1/2 t. Worcestershire sauce
1/4 t. garlic salt	

2 T. salad oil

Combine all ingredients except chickens in saucepan. Heat to boiling. Keep hot for basting on grill. Brush broilers thoroughly with sauce, put them over coals. Turn the broilers about every 5 minutes, basting each time with sauce. It takes about 45 minutes to cook, but the exact time depends on the amount of heat and on the size of the broilers. To test the chicken to see whether it is done, grasp the end of the leg bone and move the leg. If the joint moves easily, the meat is done.

SUPER SCALLOPED POTATOES

6 medium potatoes, pared and sliced (about 1 1/2 quarts)	Dash pepper
	1 can condensed cream of mushroom soup
1/4 c. minced onion	1 c. milk
1 t. salt	1 T. butter

Alternate layers of potatoes and onion in buttered 2 quart baking dish. Dot top layer with butter. Combine soup and milk; pour over the potatoes. Cover and bake at 350 degrees for 1 1/2 hours or until tender, uncover last 20 minutes to brown if desired. 6 servings.

PICNIC CHOCOLATE CAKE

2/3 c. shortening	2 1/4 c. cake flour
1 2/3 c. sugar	1/4 t. baking powder
3 eggs	1 1/4 t. baking soda
2/3 c. cocoa	1 t. salt
1 1/3 c. cold water	1 t. vanilla

Cream shortening and sugar, add eggs and beat until smooth and creamy. Combine cocoa and cold water to make a smooth mixture. Sift dry ingredients. Add cocoa mixture alternately with dry ingredients. Add vanilla. Pour into greased and floured 13x9" pan. Bake at 350 degrees for 45 minutes or until done. Frost with confectioners sugar icing.

Note: To save dishes, serve fruit cocktail in paper cups. Potatoes bake in oven while broilers are barbecuing outside.

GENERAL INFORMATION FOR "OVER THE COALS" COOKING"

1. For best results use glowing coals--no flame. Let the fire burn down till a gray ash film covers the charcoal. Don't be tempted to start cooking too soon.
2. Keep handy a clothes sprinkler filled with water to put out flare ups caused by fat drippings. Use only enough water to do the trick, don't soak the coals.
3. Have any coals left over after cooking? Dunk them in water and reuse next time.
4. Charcoal makes the best fire. Use uniform size briquets or bulk. Briquets burn slowly without sparking, give intense heat.

July 2, 1957

Cheese-Onion Dip--Chippers
Grilled Lamb Chops
Taters in Foil Green Beans
Garden Relishes
Cantaloupe Sundaes
Beverage

CHEESE-ONION DIP

8 ounces cream cheese	1 pkg. dehydrated onion soup
1/2 pint Dairy sour cream	1 t. seasoning salt

Cream the cream cheese until smooth and fluffy, add sour cream gradually and continue creaming until very smooth. Add soup and salt. If necessary thin with a little cream. Serve at room temperature with crisp crackers or potato chips. (Chippers are new tender crisp potato crackers--very good.)

GRILLED LAMB CHOPS

Have rib, loin, or shoulder chops cut 3/4 to 1 inch thick. Remove excess fat, score around edges of chops to prevent curling (or broil in a wire broiler basket. Use some of the trimmed fat to rub over the hot grill to prevent meat from sticking. Arrange chops on grill above hot coals. When chops are brown on one side, season and turn, brown other side. Time: about 15 minutes for 1 inch chops.

TATERS IN FOIL

Scrub potatoes but do not pare. Cut potato in 3 long slices and brush with melted butter. Reassemble potato and wrap in heavy foil. Bake at edge of grill or in coals for 60 minutes.

GARDEN RELISHES

Relishes must be crisp, and cold. Everything stays cold on crushed ice. Arrange ice in shallow bowl or dish and on the ice place fresh leafy celery stalks, young green onions, sprouting out from the center of the bowl, around edges radish roses, carrot curls, a couple kinds of pickles.

CANTALOUPE SUNDAE

Cut chilled cantaloupe in half crosswise, remove seeds. Cut thin slice off bottom of each half so melon won't tip. Fill center with vanilla ice cream.

July 3, 1957

Sizzling Steak
Baked Potatoes Buttered Fresh Peas
Chef's Salad
4th of July Cake
Beverage

SIZZLING STEAK

Select sirloin, club, T-bone or porterhouse steaks for broiling. Round steak may be broiled but it needs tenderizing. Trim off excess fat so drippings won't flare up. Steak should be cut 1 1/2 to 2 inches thick. Spear some of the fat with a long handled fork and rub over grill to prevent steak from sticking. If you like, rub steak with barbecue sauce (recipe from chicken on Monday's menu very good) or use clove of garlic. When coals have burned down to a glow start steak. Broil first side until brown, salt and pepper, turn and broil till steak is done to your likeness. Use following chart for time.

For a 2-inch steak:

Rare - 25 to 30 minutes
Medium Rare - 35 to 40 minutes
Medium - 40 to 45 minutes

I think it's a shame to cook steaks to the well-done stage. When steak is medium no trace of pink will remain.

BAKED POTATOES

Pare or not, brush with melted butter, sprinkle with salt and pepper. Wrap each potato in square of heavy duty aluminum foil (or 2 thicknesses of regular foil). Bake on the grill or right on top of coals. To tell when done, use the pinch test. To serve: Cut criss-cross right through the foil, push down on ends of potato, add a chunk of butter, paprika and parsley for the glamor touch.

CHEF'S SALAD

1 clove garlic	1 beaten egg
1/2 c. salad oil	1/2 c. grated Parmesan cheese
1/2 head lettuce	
1/2 bunch curly endive	1/4 c. lemon juice
1 c. croutons	1/2 t. salt
4 tomatoes, cut in eighths	Dash pepper

Mash garlic and add to salad oil, let stand. Break lettuce in salad bowl, tear in endive. Add croutons, tomatoes. Strain oil to remove garlic. Pour over vegetables, combine remaining ingredients; beat well. Pour over salad and toss lightly. 6 servings.

4TH OF JULY CAKE

Prepare an oblong cake 13 x 9 x 2 (Picnic Cake from Monday Menu good if you wish chocolate cake) or use standard cake mix following directions on box. Ice in white.

DECORATING THE CAKE: This cake is decorated to look like a flag. First mark out the area for the blue field (about 5 x 4 inches). Cover this field using a blue icing and a No. 16 tube. Use a side to side motion. The next step is to add the red stripes. Use a No. 30 star tube. Draw out the top and bottom red stripes along the edges of the cake using a very fine back and forth movement. Next draw out the center red stripe extending to the right from the bottom of the blue field. Using these three stripes as guides, add the remaining four red stripes spaced as evenly as possible. The six white stripes are then drawn out between the red stripes using white icing and following the same method. A No. 16 star tube is then used to add the 48 white stars in the blue field, and to make a border around edge of cake.

July 4, 1957

HOW TO MAKE PERFECT ICED TEA

Here's what you'll need to know to make Iced Tea come out right every time.

A 2 1/2 quart saucepan, a mixing spoon, a strainer and a pitcher. 2 quarts freshly drawn cold water, 5 level tablespoons loose tea or 15 tea bags.

Bring water to a full rolling boil. Remove from heat, immediately add tea. Brew, uncovered 4 minutes. Stir and strain. To serve: pour into ice filled glasses. Serve with lemon and sugar if desired. It is not necessary to refrigerate iced tea, makes it cloudy. A little boiling water will restore tea's clear, amber color if cloudiness does appear.

TRUDY'S TAFFY BARS

4 c. flour	1 c. shortening
1 1/4 t. baking powder	2 c. brown sugar
1 t. soda	2 eggs
1/4 t. salt	1 t. vanilla

1 c. fine coconut

Sift flour, baking powder, soda and salt. Cream shortening and brown sugar, add eggs and vanilla and beat well. Stir in coconut and sifted dry ingredients. Roll out 1/4 inch thick and cut into bars about 1 1/2 x 2 1/2 inches. Place on ungreased cookie sheet and bake at 350 degrees for 8 to 10 minutes. Remove from pan to cake rack immediately after baking. Makes 4 dozen.

July 5, 1957

Broiled Lobster Tails
Perfect Potato Salad Corn on Cob
Toasted Cheese Bread
Hawaiian Cream
Beverage

BROILED LOBSTER TAILS (Butterfly Style)

Split lobster tails along top shell, cut through lobster meat to under membrane but do not cut through. Open up lobster and tail will lay flat, looks like a butterfly. Broil on grill with the meat side up at first, brush top with melted butter. Finish broiling with shell side up. Broil about 5 minutes on each side. Thawing not necessary before cooking.

FOIL ROASTED CORN

Spread corn with butter, sprinkle with salt and pepper and wrap it securely in foil. Roast for 15 to 20 minutes over hot coals, turning several times.

PERFECT POTATO SALAD

2 1/2 c. sliced cooked potatoes	1/2 c. sliced celery
	1/4 c. diced sweet pickle
1 t. sugar	1/2 c. mayonnaise
1 t. vinegar	1/4 c. Nances Mustard Supreme
1/2 c. chopped onion	
1 1/2 t. salt	2 hard cooked eggs, sliced

Sprinkle potatoes with sugar and vinegar. Add onion and salt and remaining ingredients. Toss carefully. Chill thoroughly. Serve in lettuce lined bowl and garnish with parsley, radish slices, cucumbers, and parsley. 4 servings.

Note: Nances Mustard is the surprise ingredient in this potato salad that really makes it perfect.

HAWAIIAN CREAM

"A light summer dessert"

2 1/2 c. pineapple tidbits (No. 2 can)	1/4 c. slivered toasted almonds
1 pkg. miniature marshmallows (6 1/4 ounces) or about 18 marshmallows cut in eighths	Shredded coconut
1 c. heavy cream, whipped	1/4 c. well drained maraschino cherries, cut in fourths

Drain pineapple, reserve 1/4 c. of the syrup. Combine pineapple, marshmallows, cherries and reserved 1/4 c. syrup. Let stand 1 hour. Fold in whipped cream. Spoon into dessert dishes, chill. To serve sprinkle with nuts and top with coconut. Makes 6 to 8 servings.

July 8, 1957

A PICNIC EXTRA. . . .

NANCES DEVILED EGGS

6 hard cooked eggs	Paprika
1/4 c. Nances Mustard Supreme	Chopped parsley

Cut eggs in halves lengthwise. Remove yolks and mash. Add about 1/4 c. Nances Mustard Supreme or enough to make a smooth paste of the yolks. Refill egg whites using a pastry tube if you desire. Sprinkle with paprika and chopped parsley. Chill.

Note: If you use Nances Mustard no other seasoning is necessary for these eggs. Delicious—hope you try them soon.

ATTENTION PLEASE:

We welcome today to the program Miss Lila Spencer from the Pet Milk Company. If you desire the recipes demonstrated today indicate same when requesting regular recipes.

July 9, 1957

COOK YOUR DINNER OVER THE COALS IN A FOIL WRAPPED PACKAGE

This type of cooking is lots of fun. Each person's meal is individually packaged, cooked and served in foil. Bake in the oven or other coals outside.

Glazed Ham Slice
Spiced Pineapple Sweet Potato
Cheesecake Pie with Apricot Sauce Topping

For each person cut off 32 inch length of aluminum foil and fold in half. Place serving size piece of cooked or ready-to-eat ham just off center of foil; spread with Nances Mustard Supreme and sprinkle with a little brown sugar. Stick a clove or two in a slice of pineapple and place on top of meat. Arrange 2 pared and quartered sweet potato pieces at side of ham. Fold foil over so edges meet on 3 open sides. Take hold of one of the open sides (have the edges even) and fold toward food 2 or more times in 1/2 inch folds; press hard. Repeat on all sides for snug package. Cook over glowing coals for 1 hour or bake in oven at 375 degrees for 1 hour.

Note: To go with this meal add some fresh relishes, hard rolls, tuck in a sprig of parsley or a pickled crabapple just before serving. To serve cut a cross on top of foil with scissors, fold back.

CHEESECAKE PIE WITH APRICOT SAUCE TOPPING

The Crust (Buttershort):

1 cup packaged biscuit mix or your own mix	1/4 c. butter
	3 T. boiling water

Into a 9 inch pie pan, put the biscuit mix and butter. Pour boiling water over the butter. Stir thoroughly with a fork until dough forms puffy soft ball and cleans pan. Pat it evenly with fingers and heel of hand, bringing up over edge of pan. Prick with fork on bottom and sides. Dough may appear thin, but it puffs up when baked. Bake at 450 degrees 8 to 10 minutes. Cook and fill with cheesecake filling. Serves 6.

Cheesecake Filling:

1 12 oz. carton creamed style cottage cheese (Genesee Country)	1 t. vanilla
	1 c. heavy cream
1/4 c. sugar	1 9 oz. can crushed pineapple (save juice), drained
1/2 t. salt	

Whip together cheese, sugar, salt, vanilla and cream in mixer until stiff. Fold in pineapple. Pile mixture in butter short pie crust and freeze for 2 hours. Serve with Apricot Sauce if desired.

Apricot Sauce:

1/2 package (5 1/2 oz.) dried apricots	1 1/2 t. lemon juice
Dash salt	Juice from 9 ounce can of crushed pineapple
1 1/2 t. sugar	

Rinse apricots. Cover with water. Boil gently in uncovered saucepan about 20 minutes. Add salt, sugar and lemon juice and cook 5 minutes longer. Remove from heat. Stir in pineapple juice. Cool. Serve over pie.

July 10, 1957

"Home Cooking" Hamburgers
Foil-Baked Tomatoes with Onions
Baked Shoestring Potatoes
Delicious Date Cake

"HOME COOKING" HAMBURGERS

1 1/2 pounds ground round steak	1 1/2 t. seasoning salt
	1/4 t. paprika
1/2 pound ground veal	1/4 c. bread crumbs
1/2 pound ground pork	1 egg, beaten
2 small onions, chopped	

Combine all ingredients. Shape into patties, chill if you have time. When grilling spread each pattie with softened butter. Turn meat once while broiling -- no flipping back and forth. Broiling time about 6 minutes on each side depending upon thickness of patties. I make mine about 1 1/4 inches thick. Make 10 patties from recipe—good sized—for smaller patties make 12 to 14.

Tips: Medium ground meat gives a better texture hamburg -- no second grinding please. When making hamburgers for a crowd, stack 'em up with waxed paper between each layer. Have warm or toasted buns ready for the sizzling patties.

FOIL BAKED TOMATOES WITH ONIONS

Select medium, firm tomatoes (one to a person). Cut each tomato in half crosswise. Sprinkle cut surface with salt and pepper, then put together again with a thin slice of onion between. Use a toothpick to hold the reassembled tomato intact. Wrap each tomato in a 6 inch square of heavy aluminum foil and "bake" at edge of grill about 15 minutes.

BAKED SHOESTRING POTATOES

4 medium potatoes pared	1/2 c. grated sharp cheese
3 T. butter	2 T. chopped parsley
1 1/2 t. salt	Paprika
Dash pepper	1/2 c. light cream

Cut a 48 inch length of aluminum foil and fold in half. Cut the potatoes in thin lengthwise strips as for French fries and place just off center on the foil. Dot with butter; sprinkle with salt, pepper, cheese and parsley. Pull edges of foil upward, then pour cream over the potatoes. Fold foil according to directions given July 9. Cook over coals for about 1 hour. Fold back edges and sprinkle with extra chopped parsley and paprika. Serves 4.

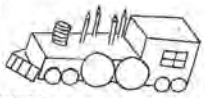
DATE CAKE

1 c. boiling water	1 egg
1 c. chopped dates	1 3/4 c. cake flour
1/2 c. shortening	1 t. soda
1 c. sugar	1/2 t. salt
1 t. vanilla	1/2 c. chopped walnuts

Pour boiling water over chopped dates; cool to lukewarm. Stir shortening to soften. Add sugar and cream well. Add vanilla and egg and beat well. Sift dry ingredients, add to creamed mixture alternately with date mixture. Beat well. Stir in nuts. Bake in greased and floured 8 inch square pan at 325 degrees for 1 hour or until done. Serve sprinkled with confectioners sugar or with whipped cream if desired.

July 11, 1957

Repeat Request. . . .



BIRTHDAY CAKE EXPRESS

2 12-oz. angel food cake bars	
2 1-oz. semi-sweet candy bars chocolate, flat bars	
13 small chocolate-covered mints	1 red gum drop
4 large chocolate-covered mint patties	Red candles
	Cake frosting

For the base for the cake, use a cutting board or other long board, and cover with a colorful, washable, shelf-lining paper or aluminum foil; fold under and hold in place on the back with tape. Place one angel-food cake bar on the base. Cut a 4 1/2" piece from the end of the second bar and place on top of lower piece. This will make the cab of the express. To hold cakes together, use some frosting. Frost cake on all sides with your favorite frosting. Before frosting dries, pile 5 small mints on (use a dab of frosting between each mint to hold them together) for the smoke-stack. Place 4 squares of the chocolate candy on each side of the cab for windows. Cut the second candy bar in half lengthwise and use to make cowcatcher on the front of the express. Place 2 large mints on either side for wheels and 4 small mints on either side for wheels. Use red gumdrop for engine light, red candles on cake.

July 12, 1957

FRIDAY BARBECUE

Broiled Fish Fillets
Corn on Cob Potato Chips
Salad Bowl
Jumbo Garlic Bread
Heavenly Fluff Lemon Pie

BROILED FISH FILLETS

1 t. salt	1/4 c. butter
Dash pepper	1/4 c. chopped parsley
2 T. salad oil	1/4 c. lemon juice
2 1 pound packages frozen perch fillets	1/2 t. salt
	Paprika
2 T. Nances Mustard	

Add salt and pepper to salad oil, mix. Rub over fish. Broil, about 4 minutes on each side, or until fillets are well browned. Combine mustard, butter, parsley, lemon juice and salt. Return fish to broiler, spread half of mixture over fish and grill till sizzling and fish flakes easily. Serve with remaining sauce, sprinkle with paprika. 6 servings.

CORN ON COB (See July 5, 1957)

GARLIC BREAD

Slash long French bread loaf in even 1 1/2 inch slices, making the cuts on the bias without cutting clear through. Mash 1 clove garlic (or use 1/4 t. garlic powder) cream into 1/2 c. butter. Spread mixture generously between slices. Wrap loaf in aluminum foil. Place on grill until hot, turning frequently.

HEAVENLY FLUFF LEMON PIE

4 egg yolks	1 T. unflavored gelatin
1/4 t. salt	1/4 c. cold water
2 t. grated lemon rind	4 egg whites
1/2 c. lemon juice	1/2 c. sugar
1/2 c. sugar	1/2 c. whipping cream

Coconut

Beat egg yolks slightly, add salt, lemon rind, lemon juice and 1/2 c. sugar. Cook over hot water, stirring constantly until thickened (about 5 minutes). Remove from heat. Add gelatin soaked in 1/4 c. cold water. Stir until dissolved. Cool. Beat egg whites until stiff, add 1/2 c. sugar gradually and beat until stiff. Fold into mixture, whip cream and fold in. Pile lightly into baked 9 inch pie shell. Sprinkle coconut on top.

WROC - Television
Channel 5

TRUDY McNALL'S
HOME COOKING RECIPES
July 15 - 26, 1957

Weekdays
9:00 to 9:30 A.M.

July 15, 1957

MENU: Barbecued Beef, Sliced Tomatoes, Potato Chips, Corn on Cob, Lime Pie

BARBECUED BEEF
(A use for Sunday's leftover beef or pork)

1/2 c. chopped onion
1/2 c. diced green pepper
3 T. butter
1 clove garlic
2 t. sugar
1/2 c. ketchup
1/4 t. chili powder
Dash Tabasco
1/2 t. paprika
1 T. Nances Mustard Supreme
2 T. vinegar
1 c. bouillon or gravy
Thinly sliced cold meat

Saute onion and green pepper in butter. Add remaining ingredients except meat. Bring to boiling and simmer 15 minutes. Remove garlic. Add thinly sliced meat. Serve on toasted buns. Note: Leftover sauce may be stored in refrigerator. If serving out of doors, keep kettle on grill over coals, toast buns over coals just before serving. Roast corn as suggested July 5.

HEAVENLY LIME PIE

12 lady fingers
1 T. unflavored gelatin
2/3 c. sugar, divided
1/4 t. salt
4 eggs, separated
1/4 c. water
1/2 c. lime juice
2 t. grated lime rind
1/2 t. cream of tartar

For lady finger pie shell, split lady fingers. Cut 1/2 inch off end of lady fingers; stand, cut side down, around edge of 9 inch pie plate. Put remaining whole lady fingers and pieces evenly in bottom of pie plate. Mix together gelatin, 1/3 c. sugar and salt in saucepan. Combine slightly beaten egg yolks, water and lime juice; add to gelatin mixture. Place over low heat, stirring constantly until gelatin dissolves, about 5 minutes. Remove from heat, add lime rind. If desired, tint with a few drops green food coloring. Cool. Beat egg whites until foamy. Add cream of tartar and beat until stiff, but not dry. Gradually add remaining 1/3 c. sugar and beat until very stiff. Fold in gelatin mixture. Turn into prepared shell; chill until firm. Garnish with whipped cream and lime slices. Note: If desired, 1 can (6 ounces) undiluted frozen concentrated limeade may be substituted for the fresh lime juice. Omit rind.

July 16, 1957

We welcome to the program Ruth Brougton from Castile, New York, demonstrating cake decorating and showing you how to make your own wedding cake ornaments. Ruth is indeed an artist and you will receive many valuable hints from her--listen and watch carefully for we have no printed instructions.

CUCUMBER COOL SPECIAL
(from July Better Homes and Gardens)

Supper's on a tray--no trick for hostess to tote all to the picnic table. Folks help themselves to Cucumber Ring Mold, shrimp, tomato wedges, and give shrimp a squirt of lemon. Hot cornsticks for the bread. Cookies for dessert.

CUCUMBER RING MOLD

1 T. unflavored gelatin
1/4 c. lemon juice
2 T. cold water
1/2 c. boiling water
2 T. sugar
3/4 t. salt
About 6 medium cucumbers, pared
8 ounces cream cheese
1 c. Old Dutch Salad Dressing
1/4 c. minced onion
1/4 c. minced parsley

Soften gelatin in lemon juice and cold water. Add sugar and salt. Halve cucumbers and scrape out seeds. Put cucumbers through food chopper, using fine blade (you'll need 2 cups drained ground cucumbers). Soften cream cheese; add cucumber, mayonnaise, onion, and parsley, mixing well. Stir in gelatin mixture. Pour into 6 1/2 c. ring mold, chill until firm. Unmold and garnish top with overlapping cucumber slices. Fill center with watercress and cooked cleaned shrimp. Arrange additional shrimp around mold. Garnish platter with tomato wedges and lemons.

SOUTHERN CORNSTICKS

1/3 c. flour
1 T. sugar
1 t. baking powder
1/2 t. soda
1/2 t. salt
1 1/3 c. yellow corn meal
1 egg, slightly beaten
1 c. sour cream
2 T. salad oil

Sift flour, sugar, baking powder, soda and salt; stir in cornmeal. Combine egg and sour cream, add salad oil. Add to dry ingredients and stir until blended. Fill preheated cornstick pans which have been greased, 2/3 full. Bake at 400 degrees about 25 minutes. Makes 10 to 12. Serve hot.

July 17, 1957

ROAST BEEF BARBECUE

For this recipe buy a good beef pot roast. White Star have a wonderful cut called Barbecue Beef. It is solid meat, free from excess fat and completely boneless. Brown meat, add small amount of water and braise for about 20 minutes to the pound. DO NOT OVERCOOK, meat should be firm and not completely cooked for it is to be cooked in the sauce and will slice better if not overcooked. After roasting (good idea to roast the day before you wish to use it) slice paper thin and add to barbecue sauce. Simmer in sauce 30 minutes. Note: White Star will be very happy to slice your beef after you have roasted it. Ask for Don.

Perhaps you have your own favorite barbecue sauce, there are many good ones, want to try mine?

TRUDY'S SPECIAL BARBECUE SAUCE
(To serve with thinly sliced roast beef

2 T. butter
1 medium onion, minced
1 clove garlic, minced
2 T. vinegar
1/4 c. lemon juice
1 c. ketchup
1 c. water
3 T. Worcestershire sauce
1 T. Nances Mustard Supreme
2 T. brown sugar
1/2 c. minced onion
1 t. chili powder
1 t. Meau Monde (seasoning salt) optional

Saute onion in butter until slightly browned. Add remaining ingredients and simmer until sauce is thick (about 20 minutes). Yield: 2 c. sauce, enough for 5 pound roast. Add thinly sliced meat and simmer for 10 minutes or until meat is hot. If mixture becomes too thick, thin with water or tomato juice.

SEMI-SWEET CHOCOLATE "CHIP" TORTONI

2 egg yolks
1/4 c. sugar
1/4 c. boiling water
1 c. heavy cream, whipped
1 6-ounce pkg. (1 c.) semi-sweet chocolate morsels
2 T. shortening
2 egg whites
3 t. vanilla
1/4 c. sugar
1/4 c. blanched toasted almonds, finely chopped

Set control of refrigerator at coldest point. Combine and beat well 2 egg yolks and 1/4 c. sugar. Add gradually stirring rapidly the boiling water. Fold in heavy cream. Pour in freezing tray and freeze until just frozen. Combine and melt over hot water the chocolate morsels and vegetable shortening. Beat until stiff but not dry the egg whites and vanilla, beat in gradually the 1/4 c. sugar and continue beating till stiff and glossy. Stir in chilled bowl till smooth but not melted the frozen mixture. Stir in by drizzling to "chip" the semi-sweet mixture. Fold in egg white mixture and nuts. Pour in 1 large or 2 small ice cube trays. Freeze till firm. To serve: cut in 2" squares or you may pour mixture into 16 2-ounce paper cups for freezing.

July 18, 1957

SOFT MOLASSES COOKIES

1/4 c. shortening
1/2 c. sugar
1 egg
1/2 c. molasses
2 3/4 c. flour
1/2 t. salt
1 t. soda
1/2 t. nutmeg
1 t. ginger
1/2 t. cloves
1/2 t. cinnamon
1/2 c. hot water

Cream shortening, sugar and egg well. Stir in molasses. Sift dry ingredients and add alternately with hot water. Drop by tablespoonfuls on greased cooky sheets. Bake at 350 degrees for 12 to 15 minutes. Yield: 2 1/2 dozen.

July 19, 1957

SHRIMP KABOBS

1 1/2 pounds shrimp (green)
4 slices bacon, cut in squares
1 4-ounce can button mushrooms
1/2 t. salt
Dash pepper
3 T. melted butter

Peel shrimp and remove sand veins. Wash and drain on absorbent paper. Using long skewers, alternate the shrimp, squares of bacon, and mushrooms until skewers are filled. Brush with seasoned butter and broil over coals (or under broiler) for about 5 minutes on each side. Brush frequently with melted butter. Serves 6.

CROWN JEWEL PIE
(Makes 2 pies--serves 16)

1 package raspberry-flavored gelatin
1 package lime-flavored gelatin
1 package black cherry-flavored gelatin
3 c. hot water
1 1/2 c. cold water
1 c. pineapple juice
1/4 c. sugar
1 package strawberry-flavored gelatin
1/2 c. cold water
18 whole ladyfingers, separated
2 c. whipping cream

Prepare the first three packages of gelatin separately, using 1 c. hot water and 1/2 c. cold water for each. Pour into separate 8x8x2" pans and chill until firm. Combine pineapple juice and sugar and heat until sugar is dissolved. Remove from heat and dissolve fourth package of gelatin in hot liquid; add remaining 1/4 c. cold water. Chill until syrupy. Meanwhile, line bottoms of two 9 inch pie pans with lady finger halves. Cut remaining ladyfingers in half again and line sides of pans. Whip cream and fold into syrupy strawberry-flavored gelatin mixture. Cut the firm raspberry, lime and black cherry gelatin into cubes about 1/2 inch square. Fold into whipped cream mixture; then pour into lady finger crusts. Chill 8 hours in refrigerator.

July 22, 1957

SPLIT LEG OF LAMB. . .BARBECUED

A boned leg of lamb, spread out flat and barbecued like steak, appeals to the barbecue chef... the fatty covering on one side of the meat makes it almost self basting. Carving is easy...no bones. HOW TO BUY: Ask your meat man to bone the leg of lamb being careful not to cut through the meat and the "fell" on top side of meat. HOW TO PREPARE: Spread out the meat in a shallow pan and marinate 24 hours (in refrigerator) in a mixture of 2 c. dry red table wine, 2 t. salt, 2 t. poultry seasoning, 2 cloves garlic, peeled and 1/4 t. ground fresh pepper. HOW TO BARBECUE: Barbecue the marinated lamb over medium coals, placing fat side up first to hold in the heat; turn meat with tongs. It takes 45 minutes to 1 hour for medium lamb. When barbecued the meat loses its ragged appearance. The fat cooks away, leaving a beautifully browned crisp covering. HOW TO CARVE MEAT: Start at one end and cut 1/4 inch slices across the grain, just as you might carve a 3 inch steak. An average leg of lamb boned yields 3 to 3 1/2 pounds of meat or enough for 6 servings.

MRS. NEW YORK STATE'S FAVORITE SALAD

1 package lime-flavored gelatin	1/2 t. salt
1 c. hot water	3/4 c. grated carrots
1 c. cold water	3/4 c. shredded cabbage
2 T. lemon juice or vinegar	2 T. diced green pepper
	2 T. diced pimiento

Dissolve gelatin in hot water. Add cold water, lemon juice and salt. Chill until slightly thickened. Fold in remaining ingredients. Pour into individual molds. Chill until firm. Unmold on crisp greens. Makes 6 servings.

MINIATURE ANGEL CAKES

Small angel cakes (3 1/2 inches in diameter) are ideal for individual desserts. You may fill them or garnish them with fruits and berries, puddings, rich fillings, ice cream or whipped cream to suit the occasion or the menu. Small replicas of angel cake pans are available in most department stores or hardware stores that sell housewares. One package (17 oz.) of angel food cake mix will make 18 small cakes. Use 1/3 of the mix if you wish to bake only 6 cakes. TO MAKE 6 CAKES: 4 T. dried egg whites, 1/2 c. plus 2 T. and 2 t. flour and 6 T. plus 2 t. water. Prepare as directed on package. Fill pans 2/3 full and bake at 350 degrees for 12 minutes. TIP: You can bake these cakes in advance if you are having a large party and freeze, fill and decorate when you have time. Here are 3 variations:

1. Lemon Filled Cakes: Prepare a lemon flavored pudding mix; cool. Cut a 1/4 inch layer from tops of 12 cakes; make a 1/2 inch thick shell by cutting and pulling out centers. Fill in the bottom of the center holes with the pulled out cake. Spoon lemon filling inside cakes and replace top layer. Frost with a fluffy white frosting, with grated lemon rind and juice.

2. Toffee-Topped Coffee Cream Cakes: Cut a cone out of the center of 12 cakes and fill the center holes with half of the cut-out cake. For the filling combine 1/2 pint whipping cream, 1/4 c. confectioners sugar, 1 1/2 T. instant coffee, pinch salt and 1/4 t. vanilla. Soften 1/2 T. unflavored gelatin in 2 T. cold water; heat until gelatin is dissolved. Beat the cream mixture until thick; gradually pour in the liquid gelatin and beat until blended. Fold in the remaining pulled-out cake. Spoon into the 12 cakes and sprinkle with crushed English toffee. Chill 1 hour.

3. Chocolate Layer Cake: Cut 6 cakes into 3 layers each. Spread each layer and top with bittersweet chocolate filling and spoon sweetened whipped cream over the top. To make the filling, combine 1/3 c. cocoa, 1/3 c. sugar, 1 1/2 T. cornstarch, 1/8 t. salt; add to 1 c. hot milk; cook until thickened stirring constantly. Stir in 1/4 t. vanilla. Cool.

July 23, 1957

BARBECUED CUBE STEAKS

Arrange cube steaks in folding wire toaster. Broil steaks about 3 minutes on each side, brushing with your favorite Barbecue Sauce. (Toaster keeps steaks from curling.) Butter slices of bread and sprinkle with sharp grated cheese—have all ready to make into sandwiches.

Menu: Cube Steaks, Hashed Browned Potatoes, Sliced Tomatoes, Corn on Cob, Chocolate and Mint Pie.

HASHED BROWNED POTATOES

6 or 7 cooked potatoes	Dash pepper
1/2 c. milk	1/4 t. paprika
1 t. salt	1/4 c. shortening

Peel and dice potatoes. Add remaining ingredients except shortening. Heat shortening in skillet. Add potatoes. Cook over coals without stirring until crusty and browned on under side. Turn with a pancake turner and brown on other side. (Add more fat if necessary.)

CHOCOLATE AND MINT PIE

1 T. unflavored gelatin	1/2 c. whipping cream
1/2 c. cold milk	2 squares unsweetened chocolate
3 egg yolks	1/4 c. mint syrup or creme de menthe
3/4 c. sugar	Green food coloring
1 T. cornstarch	Baked 9 inch pie shell
1 1/2 c. hot milk	
3 egg whites	

Soften gelatin in cold milk. In top of double boiler, beat egg yolks slightly, stir in sugar mixed with cornstarch; gradually stir in hot milk. Cook over hot water stirring constantly until thickened. Remove from heat, stir in gelatin. Chill until mixture begins to congeal. Beat egg whites until stiff; beat whipping cream until thick, melt chocolate and cool. Beat the chilled custard mixture until fluffy, then beat in the stiffly beaten egg whites until well blended. Fold in whipped cream. Divide mixture in half. Fold melted chocolate into one portion; to the other add the mint syrup or creme de menthe and green coloring to tint a pale green. Turn chocolate filling into baked pie shell; chill 5 minutes. Top with mint filling. Chill until serving time. Serves 6 to 8.

July 24, 1957

BARBECUED HAMBURG FOR 25

6 pounds ground beef
1 1/2 c. chopped onion
2 T. salt

Combine beef, onion and salt. Spread out in broiler pan and broil about 3 inches from heat until well browned, turn frequently. Pour off drippings.

Sauce:

3 c. chopped onion	1 T. Worcestershire sauce
3 pints stewed tomatoes	1/8 t. Tabasco sauce
1 1/2 c. tomato paste	1 T. salt
2/3 c. vinegar	1 T. Nances Mustard Supreme
2/3 c. brown sugar	
1 t. oregano	

25 hamburger rolls

Combine all ingredients for sauce. Cook uncovered for at least 1 hour or until thickened. Stir frequently. Combine sauce and browned meat. Cook over low heat (over coals if desired) for 1 hour. Serve on toasted hamburger buns.

POTATO SALAD

4 c. cubed, cold boiled potatoes	1 c. diced celery
1 T. chopped parsley	1 t. salt
1/3 c. chopped onion	3 hard cooked eggs, sliced

*Nances Special Dressing

Combine potatoes, parsley, onion, celery and salt. Add Nances Special Dressing. Toss lightly. Turn into 1 1/2 quart oiled mold. Chill. Turn out onto platter. Garnish with lettuce, hard cooked egg slices and additional chopped parsley. Serves 6.

*NANCES SPECIAL DRESSING FOR POTATO SALAD

1/4 c. Nances Mustard Supreme	2 T. sugar
2 T. light cream	2 T. vinegar
	1/2 t. salt

Combine all ingredients and beat until fluffy.

HAWAIIAN PINEAPPLE CAKE (for a crowd)

1/2 c. crushed pineapple, undrained	3/4 c. sugar
1 c. shredded coconut	Dash ginger
2 c. cake flour	2 eggs
1 t. baking powder	3/4 c. crushed pineapple, undrained
1/4 t. baking soda	1 6-oz. pkg. (1 c.) chocolate bits
1/2 c. shortening	

1/4 t. salt

Combine the 1/2 c. crushed pineapple and coconut and set aside. Sift flour, baking powder, baking soda and salt. Blend shortening, sugar and ginger. Beat in eggs one at a time. Add flour mixture alternately with the 3/4 c. crushed pineapple. Add chocolate bits. Spread in greased 15 x 10 x 1" pan. Sprinkle evenly over top the combined pineapple and coconut. Bake at 375 degrees for 25 to 30 minutes. Cool, cut in 3" x 2" pieces. Yield: 25 servings.

July 25, 1957

FROSTED COFFEE BARS

(Coffee and brown sugar impart a caramel coffee flavor to these cooky bars--wonderful with after-dinner coffee.)

2 t. instant coffee	1/2 t. cinnamon
1/2 c. hot water	1/8 t. salt
1/2 c. shortening	1/2 c. chopped nuts
1 c. brown sugar	1/2 c. seedless raisins
1 egg	1 c. confectioners sugar
1 1/2 c. flour	
1/2 t. baking powder	1 T. light cream
1/2 t. baking soda	1/2 t. vanilla

Dissolve instant coffee in hot water; cool slightly. Cream shortening and sugar, add egg and beat well. Beat in the warm coffee. Sift flour, baking powder, soda, cinnamon and salt, blend into first mixture. Stir in nuts and raisins. Spread dough in greased 10 x 15 inch pan. Bake at 350 degrees for 15 minutes. Mix confectioners sugar, cream and vanilla. Frost cookies while still warm. Cut in bars when cool. Makes 3 dozen bars.

July 26, 1957

SKEWERED BEEF CHUCK
(Using Meat Tenderizer)

3 pounds boneless chuck beef (cut in 1 1/2 inch cubes)	3 large onions, quartered
2 T. meat tenderizer (if unseasoned add salt and pepper to taste)	1 c. salad oil
1/2 t. garlic salt	1 c. dry red table wine
	3 green peppers
	12 large mushroom caps
	3 large tomatoes, quartered

Sprinkle chunks of meat on all sides with meat tenderizer and garlic salt; push meat close together in a shallow baking dish. Arrange onions over the meat. Mix together the oil and wine and pour over. Let stand at room temperature for 1 hour then refrigerate for 24 hours, turning meat once or twice. Cut peppers in half, remove seeds, and cut in pieces about the size of the meat cubes. On 6 long skewers, thread mushrooms, meat cubes, green pepper, onion quarters and tomato quarters. Broil or barbecue slowly, basting regularly with marinade until meat reaches desired doneness. 6 servings.

MAKE SUMMER SNOW WITH FRUIT CONCENTRATE

1 T. unflavored gelatin	1 1/4 c. hot water
1/2 c. sugar	1 can (6 ounces) frozen concentrated fruit juice
1/4 t. salt	

2 unbeaten egg whites

Mix together gelatin, sugar and salt. Add hot water and stir until gelatin is thoroughly dissolved. Add undiluted frozen concentrate and stir until blended. Chill until mixture is slightly thicker than the consistency of unbeaten egg white. Add unbeaten egg whites and beat with a rotary beater until mixture begins to hold its shape. (To speed up chilling and beating time, set mixture over ice water.) Turn into a 6 or 7 cup mold or individual molds, or spoon into dessert dishes. Chill until firm. Serve with *Custard Sauce which utilizes remaining 2 egg yolks or serve with topping of fruits. Yield: 8 servings. Orange juice, grapefruit juice, orange and grapefruit blend, limeade, grapejuice, lemonade, pink lemonade, lem'N limeade or pineapple frozen concentrated fruit juice may be used.

*CUSTARD SAUCE

1 1/2 c. milk	3 T. sugar
1 whole egg	1/8 t. salt
2 egg yolks	1 t. vanilla

Scald milk in top of double boiler. Beat whole egg and egg yolks, stir in sugar and salt. Gradually add small amount of the hot milk, stirring constantly. Return to double boiler and cook over hot water until mixture coats the spoon. Cool, add vanilla.

TRUDY MC NALL'S

HOME COOKING RECIPES, July 29 - August 9, 1957

WROC - Television
Channel 5
Daily, Monday - Friday
9:00 to 9:30 A.M.

RADIO CITY, ROCHESTER 3, N. Y.

CORRECTION PLEASE: Chocolate Snowflake Cookies, June 27, 1957. Please add 1 c. granulated sugar to recipe. Add to melted chocolate and shortening.

July 29, 1957

RASPBERRY AND CURRANT PIE

3 1/2 T. quick cooking tapioca	1 3/4 c. fresh red currants
1 c. sugar	Pastry for two-crust 9-inch pie
1/2 t. salt	2 T. butter
2 c. fresh red raspberries	

Combine quick-cooking tapioca, sugar, salt and fruits. Roll half the pastry 1/8 inch thick. Line a 9-inch pie pan and trim pastry at edge of rim. Roll remaining pastry 1/8 inch thick and cut several 2 inch slits or a fancy design near center. Fill pie shell with fruit mixture. Dot with butter. Moisten edge of bottom crust. Center top crust on filling. (Open slits with a knife--well opened slits are important to permit escape of steam during baking.) Trim top crust, letting it extend 1/2 inch over rim. To seal, press top and bottom crusts together on rim. Then fold edge of top crust under bottom crust and flute. Bake at 425 degrees for 55 minutes, or until syrup boils with heavy bubbles that do not burst.

BARBECUED SPARERIBS

3 pounds spareribs	1 c. ketchup
Salt and pepper	3 T. Worcestershire sauce
1/2 c. finely chopped onion	1 T. Nances Mustard
3 T. vinegar	1 c. water
2 T. brown sugar	Dash tabasco sauce

Cut breastbone off spareribs so that ribs may be easily carved for individual servings. Season with salt and pepper. Cover and bake in a shallow baking pan for 1 hour at 350 degrees. Pour off drippings. Combine onion, vinegar, brown sugar, ketchup, Worcestershire Sauce, mustard, water and tabasco. Pour sauce over spareribs and bake uncovered at 350 degrees for 1 hour or until done. Baste occasionally with barbecue sauce. 5 to 6 servings.

Note: If desired the spareribs may be cooked on the rotisserie. For best results the spareribs may be placed in a spit basket, or laced on the spit itself, the constant turning bastes the ribs in their own natural juices. When done, brush generously with barbecue sauce. THE BARBECUE SAUCE IS NOT BRUSHED ON MEAT DURING COOKING. Remember that spareribs must be cooked to the well-done stage, allowing about 1 1/2 hour. Sauce may be brushed on ribs during last 5 minutes of cooking if desired. Cooking over rotisserie is only about half the time of oven cooking, this is because heat from briquets is more intense.

Suggested Menu: Barbecued Spareribs, Potato Chips, Tossed Green Salad -- Bleu Cheese Dressing, Assorted Relishes, Raspberry and Currant Pie.

July 30, 1957

BREADED VEAL CUTLET

1 1/2 pounds veal cutlet	1 egg
1/4 c. flour	Fine, dry crumbs
Salt and pepper	2 T. shortening
1 can condensed tomato soup	

Cut pieces of meat into 6 servings. Dip in flour seasoned with salt and pepper, then in slightly beaten egg, and then in crumbs. Melt shortening in heavy skillet. Saute veal about 3 minutes on each side. Add soup, simmer for 30 minutes covered.

SEMI-SWEET CHOCOLATE APPLESAUCE CAKE

2 c. sifted flour	3/4 c. sugar
2 t. baking soda	2 eggs
1/4 t. salt	3/4 c. applesauce
1/2 c. shortening	1 c. semi-sweet chocolate bits
1 t. cinnamon	1/2 c. nuts, chopped
1 t. cloves	1/2 c. raisins
1/2 t. nutmeg	

Sift flour, baking soda and salt. Blend in shortening, cinnamon, cloves and nutmeg. Beat in gradually the eggs. Add flour mixture alternately with applesauce. Stir in chocolate bits and nuts and raisins. Spread in greased and floured 10" x 5" x 3" pan. Bake at 375 degrees for 1 hour and 10 minutes.

July 31, 1957

QUICK CHICKEN CASSEROLE

1 c. diced cooked chicken	1/2 t. salt
1 c. sliced celery	Dash pepper
1 medium onion, chopped	1 T. lemon juice
1/2 c. chopped walnuts	3/4 c. mayonnaise
1 1/2 c. cooked rice	1/4 c. water
1 can (10 1/2 oz.) cream of chicken soup	3 hard cooked eggs, sliced
	2 c. crushed potato chips

Combine chicken, celery, onion, nuts, rice, chicken soup, salt, pepper and lemon juice. Mix mayonnaise with water and add to chicken mixture. Gently stir in eggs. Turn mixture into well buttered 9 inch square pan; top with crushed potato chips. Bake in a very hot oven 450 degrees for 15 minutes or until mixture is bubbly. Serves 6.

Trudy's Tip: Assemble casserole early in the morning and refrigerate, bake at 450 degrees for 20 to 25 minutes.

JELLIED PINEAPPLE AND CUCUMBER SALAD

1 T. unflavored gelatin	1 c. crushed pineapple (canned)
1/4 c. cold water	1 c. diced cucumber
1 1/2 c. boiling water	2 T. minced onion
3 T. sugar	Green vegetable coloring (optional)
1/2 t. salt	
2 T. vinegar	

Soften gelatin in cold water, dissolve in boiling water. Add sugar, salt, vinegar. Mix well. Add pineapple and juice, cucumber and onion. Add green coloring if desired. Pour into individual molds or 1 quart mold, chill until set. Serve on crisp salad greens. 6 servings.

Repeat Request

ICE CREAM FILLED CHOCOLATE CUPS

1 pound semi-sweet or milk chocolate
1 T. melted butter

Melt chocolate over warm (not hot) water. Whip it well with a spoon and fold in warm melted butter. Mix well. Let stand until cool. Use cup cake papers, double or triple thickness. Place about 1 1/2 T. of mixture in each cup. Move the papers around to completely coat the insides, be careful not to get chocolate too thick. Chill for 30 minutes in refrigerator, then remove papers carefully. Let stand at room temperature for about an hour before serving. Fill with ice cream to serve.

August 1, 1957

CRUNCHY PEANUT BARS

1 c. flour	2 eggs
1 t. baking powder	1/4 c. milk
1/3 c. shortening	1 t. vanilla
1 c. brown sugar	1 c. blanched, salted peanuts, chopped

Sift flour, baking powder together. Cream shortening and brown sugar, beat in eggs. Add dry ingredients alternately with milk and vanilla. Add about 2/3 of the salted peanuts. Pour into greased and floured 9x13x2 1/4-inch pan. Bake at 350 degrees for 20 to 25 minutes. When cool, spread with Confectioners Frosting and top with remaining 1/3 c. chopped peanuts. Cut into bars. Yield: about 2 dozen bars 1 1/2 x 3 inches.

CONFECTIONERS FROSTING

2 c. sifted confectioners sugar	3 T. milk
	1 t. vanilla

Combine ingredients. Beat until smooth.

August 2, 1957

FRIED SCALLOPS

2 pounds scallops, fresh or frozen	Dash pepper
1 egg, beaten	1/2 c. flour
1 T. milk	1/2 c. fine dry bread crumbs
1 t. salt	

Thaw frozen scallops. Remove any shell particles. Cut large scallops in half. Combine egg, milk and seasonings. Combine flour and crumbs. Dip scallops in egg mixture and roll in flour and crumb mixture.

Pan Fried: Place scallops in a heavy frying pan which contains about 1/8 inch of shortening hot but not smoking. Fry at moderate heat. When scallops are brown on one side, turn carefully and brown the other side. Cooking time about 6 to 8 minutes. Drain on absorbent paper. Serves 6.

Deep-Fat Fried: Fry in a basket in deep fat, 350 degrees for 2 to 3 minutes or until brown. Drain on absorbent paper. Serves 6.

TARTAR SAUCE

1/2 c. mayonnaise	1 T. parsley, minced
1 T. onion, minced	1 T. olives, minced
1 T. pickles, minced	1 T. Nances Mustard Supreme

Mix thoroughly and chill.

JUBILEE CHERRY PIE

1 can Cherry Pie Filling	2 eggs
9 inch unbaked pastry shell	1/2 c. sugar
12 oz. cream cheese	1/2 t. vanilla
	1 c. (1/2 pint) sour cream
	Nutmeg

Pour cherry pie filling into unbaked pastry shell; bake in hot oven 425 degrees for 15 minutes. Meanwhile cream the cheese until light and fluffy; beat in eggs, sugar and vanilla. Spoon cheese mixture on top of hot cherry pie filling. Reduce temperature to 350 degrees and bake 30 minutes longer. Remove pie from oven, cool. Spread sour cream over pie; sprinkle with nutmeg. Chill thoroughly before serving. 6 servings.

August 5, 1957

BARBECUED STEAK SANDWICHES

1/2 c. sliced onion	2 T. sugar
1/2 c. butter	1/2 t. oregano
1/2 t. salt	2/3 c. ketchup
2 T. Worcestershire sauce	1 c. canned applesauce
2 T. lemon juice	6 cube steaks
	6 hamburger rolls

Saute onion in 1/4 c. butter until light brown, add salt, Worcestershire sauce, lemon juice, sugar, oregano, ketchup and applesauce. Heat, stirring occasionally. Pour over steaks and let stand 15 minutes. Lift out steaks and arrange on grill 2 inches from hot coals. Broil quickly on one side (about 3 minutes), baste with barbecue sauce and turn to cook other side. Spread hamburger rolls with remaining butter. Toast on grill. Place steak on roll and top with some of remaining barbecue sauce. 6 servings. Note: Also delicious when steaks are broiled under the broiler of your range.

PRIZE WINNING

LEMON MERINGUE PIE

9 inch pie shell, baked	3 egg yolks
7 T. cornstarch	1/2 c. fresh lemon juice
1 1/2 c. sugar	1 t. grated lemon rind
1/4 t. salt	2 T. butter
1 1/2 c. hot water	*Meringue

Mix cornstarch, sugar and salt in saucepan. Stir in hot water gradually and bring to a boil over direct heat; then cook for 8 to 10 minutes over medium heat, stirring constantly until thick and clear. Remove from heat. Stir several spoonfuls of this hot mixture into beaten egg yolks; mix well. Pour egg yolks back into saucepan. Bring to boil, then cook over low heat for 4 to 5 minutes, stirring constantly. Remove from heat; gradually add lemon juice, lemon rind and butter. Cool filling; pour into cooled baked pie shell. Top with meringue.

*MERINGUE

3 egg whites (at room temperature)	1 T. fresh lemon juice
	6 T. sugar

Place egg whites in deep, medium-size bowl; add lemon juice. Beat until whites stand in soft peaks before adding sugar. Add sugar gradually, beat well after each addition, and continue beating until all sugar is used and whites stand in firm, glossy peaks. Spread meringue over cool filling—start at edges and work toward center of pie; be sure to attach meringue securely to edges of crust. Bake at 350 degrees for 15 to 20 minutes or until golden brown. Cool before serving.

August 6, 1957

Something for Lunch

"BLUSHING BUNNY"

1 can (10 1/2 oz.) condensed cream of tomato soup	1/2 pound Cheddar cheese, grated (about 2 c.)
1/2 c. milk	1 T. Worcestershire sauce
	2 T. Nances Mustard

Combine soup and milk in saucepan and heat. Add remaining ingredients. Stir until cheese has melted. Serve hot over toast. Yield: 4 servings.

PIE, JAM AND CAKE TART

Pie crust based on 2 c. flour	2 c. flour
1/2 c. shortening	2 t. baking powder
1 c. sugar	1/4 t. salt
2 eggs, separated	1 t. vanilla
3/4 c. milk	Jam or jelly

Prepare pie crust, line 12 muffin tins with crust. Add one heaping tablespoon of jam or jelly, fill remaining space with the following cake mixture: Cream shortening and sugar, add egg yolks and beat well. Sift flour, baking powder and salt. Add alternately with milk to creamed mixture. Add vanilla and stiffly beaten egg whites. Bake at 350 degrees for about 25 minutes or until lightly browned.

August 7, 1957

Pretty Party Salad

VEGETABLE SOUFFLE SALAD WITH TUNA FISH

1 pkg. lime Jello	1 c. shredded raw carrots
1 c. hot water	1 c. shredded cabbage
1/2 c. cold water	1/4 c. drained finely diced cucumber
1 T. vinegar	1 T. finely chopped onion
1/2 c. mayonnaise	1 can (7 oz.) tuna fish, drained
1/4 t. salt	
Dash pepper	

Dissolve Jello in hot water. Add cold water, vinegar, mayonnaise, salt and pepper. Blend well with rotary beater. Pour into refrigerator freezing tray. Quick chill in freezing unit (without changing control) 15 to 20 minutes or until mixture is firm about 1 inch from edge but soft in center. Turn mixture into bowl and whip with rotary beater until fluffy. Fold in vegetables. Pour into 1 quart mold or individual molds. Chill until firm in refrigerator (not freezing unit) about 30 minutes. Unmold and garnish with salad greens. Serve with tuna fish and additional mayonnaise. 4 to 5 servings.

MAGNOLIA ANGEL CAKE

9 eggs	1 T. flour
1 c. sugar (brown)	1 T. water
6 T. bread crumbs	1 t. vanilla
1 c. finely chopped walnuts or pecans	1/4 t. salt

Separate the eggs. Beat yolks until light and fluffy. Add sugar and beat until lemon colored and thick. Add bread crumbs and nuts gradually. Add flour, salt, vanilla and water. Blend well. Beat egg whites until stiff but not dry and fold in. Grease the bottom of 10 inch angel cake pan. Do not grease sides. Bake at 350 degrees for 45 minutes to an hour or until cake tests done. Frost if desired with not too sweet chocolate icing. (THIS IS A DIFFERENT TYPE OF ANGEL FOOD CAKE--IT'S FLUFFY BUT STILL HAS A RARE CRUNCHY TASTE.)

August 8, 1957

AUSTRALIAN CRAWLS

1/2 c. butter	1 quarter-sized slice of lemon rind
1/2 c. brown sugar	1 t. vanilla
1 egg, separated	1 c. flour
1 c. semi-sweet chocolate bits	

Sift flour into a bowl. Put the chocolate into glass container of Blendor. Cover and run at High speed until finely chopped. Add to the flour in the bowl. Put the egg yolk, vanilla, lemon rind, sugar and butter into the container. Cover and mix at High speed until smooth. Push the ingredients down to the blades whenever necessary using a rubber spatula. Pour the egg mixture into the flour and stir well. Beat the egg whites stiff with a rotary beater. Fold into the flour mixture. Pour into greased and floured 8x8x2" pan. Bake at 375 degrees for 30 minutes. Sprinkle with confectioners sugar and cut while hot. Yield: 16 squares.

August 9, 1957

BOILED SALMON WITH EGG SAUCE

2 pounds salmon steaks	3 T. salt
2 quarts boiling water	*Egg Sauce

Cut fish into serving size portions and place in a wire basket. Lower fish into boiling salted water and simmer about 10 minutes or until it flakes easily when tested with a fork. Remove fish carefully to a hot platter. Cover with egg sauce. Serves 6.

*EGG SAUCE

2 T. butter	Dash pepper
2 T. flour	1 c. milk
1/2 t. salt	3 hard cooked eggs, chopped

Melt butter; blend in flour and seasonings. Add milk gradually and cook until thick and smooth, stirring constantly. Add eggs; heat. Serves 6.

RUTH DELANO'S CITRUS CHIFFON PIE

1/3 c. sugar	1/4 c. cold water
1/3 c. lemon and orange juice (equal parts)	1/2 t. grated lemon rind
	1/2 t. grated orange rind
Dash of salt	1/4 c. sugar
3 egg yolks	3/4 c. heavy cream, whipped
2 t. plain gelatin (unflavored)	3 egg whites, stiffly beaten

1--9" baked pie shell

Combine 1/3 c. sugar and fruit juices. Add salt to egg yolks and beat until thick. Add fruit juice mixture; beat well. Cook in double boiler until mixture coats a spoon. Remove from heat; add gelatin softened in cold water; stir until gelatin dissolves. Add grated rinds. Chill until partially set. Slowly beat remaining 1/4 c. sugar into egg whites. Fold into custard, pour into pie shell. Chill until set. Spread with sweetened whipped cream; sprinkle with 1/2 t. grated rinds.

TRUDY MC NALL'S

WROC - Television
Channel 5
Daily, Monday - Friday
9:00 to 9:30 A.M.

RADIO CITY, ROCHESTER 3, N. Y.

August 12, 1957

CUBE STEAK, HOME COOKING STYLE

4 cube steaks
3 T. shortening
Flour
Salt and pepper
1 onion, chopped
2 T. vinegar
1 T. brown sugar
1/2 c. ketchup
2 T. Nances Mustard Supreme
1/4 c. water

Melt shortening in heavy skillet. Dip steaks in flour, sprinkle with salt and pepper, brown with onion in hot shortening. Add all remaining ingredients. Cover and simmer about 15 minutes. Serves 4.

CREAMED POTATOES

4 medium potatoes
1 c. water
1/2 t. salt
Dash pepper
Paprika
Parsley
1 T. butter
1 1/2 c. milk

Peel and dice potatoes (about 1/4 inch dice). Place in heavy skillet or saucepan. Add water. Simmer 15 minutes. Remove cover, season with salt and pepper. Add butter and milk. Cook with cover ajar on simmer until potatoes are tender and milk is thickened. Just before serving, sprinkle with paprika and chopped parsley. Serves 4. Note: When cooking potatoes water should be almost absorbed before adding milk. If too much remains cook over medium heat with cover off to evaporate some of water before adding milk. Potatoes cooked this way are creamy and smooth. Please note, no flour is added, starch in potato thickens the potatoes as they cook.

SUMMER SQUASH

Wash squash and slice, quarter or dice. DO NOT DISCARD SEEDS. Place in very small amount of boiling salted water. Cover and cook about 10 minutes or until almost tender. Uncover and boil rapidly a few minutes longer to evaporate excess liquid. Season to taste with butter. Note: 1 pound summer squash serves 3.

PINEAPPLE SHERBET

1 c. unsweetened pineapple juice
1 c. milk
2 T. lemon juice
Dash salt
1 c. heavy cream, whipped
1/2 c. sugar

Mix pineapple juice, milk, lemon juice and salt. (Mixture may look curdled; don't be alarmed!) Freeze. When mushy beat until smooth; fold in whipped cream combined with sugar. Freeze in 1 quart refrigerator tray.

Note: To complete meal add a green salad, bread, butter, and beverage.

August 13, 1957

HAMBURGER SPECIALS

1 pound ground beef
3 T. ketchup
2 T. Nances mustard supreme
1 small onion, chopped
1 t. salt
1/2 c. soft bread crumbs
1/4 c. milk
1 t. Worcestershire sauce

Combine all ingredients. Shape into 4 large or 8 small patties. Brown in small amount of shortening about 5 minutes on each side for large patties, 3 minutes on each side for small patties. Serves 4.

MASHED POTATOES

Cook potatoes (1 per person) in small amount of boiling salted water until tender, shake over low heat until white and mealy. Mash. To 3 cups hot potatoes (about 4 potatoes) add 1/3 to 1/2 c. hot milk, 3 T. butter and salt and pepper to taste. Beat until very fluffy. Makes 4 servings.

CORN ON COB

Corn should be freshly picked--the fresher the better. It loses its sweetness as it stands. Select well-filled ears with fresh green husks. When ready to cook, remove husks, silk and stem ends and unfilled tips if necessary. Place in boiling salted water to cover. Cook 6 to 8 minutes. Do not overcook. Add a tablespoon of sugar to water, this improves flavor makes corn taste sweeter. Remove from the water immediately and serve on a hot platter covered with a napkin.

SPECIAL DRESSING FOR SLICED TOMATOES

Combine 1/4 pound crumbled blue cheese, 1/2 pint sour cream and 1 T. vinegar. Blend until smooth, add salt to taste. Makes 1 1/2 cups. Use blendor for making a smooth dressing. Serve with icy cold red ripe tomatoes.

DAISY CHOCOLATE CAKE

from: Mrs. Jeanette Ayers, Rochester, N.Y.

(All the mixing for this cake is done in the upper part of the double boiler. This is a very moist delicious cake.)

2 squares unsweetened chocolate
1 c. milk
1 T. butter
1 c. sugar
1 egg
1 c. Daisy Pastry Flour
1 t. baking soda
1/4 t. salt
1 t. vanilla

Cut chocolate into small pieces, combine with milk in upper part of double boiler. Heat until chocolate is completely melted. Cool slightly, add butter, egg, slightly beaten and flour sifted with soda and salt. Last, stir in vanilla. Beat only until blended. Pour into greased and floured 8 x 8 x 2" pan. Bake at 350 degrees for 20 to 25 minutes.

August 14, 1957

Today we welcome to the program Barbara Stuart, Field Editor for Better Homes and Gardens. She will be demonstrating flower arrangement.

SOUR CREAM PEACH PIE

8 fresh peaches, peeled and quartered
1 c. Dairy sour cream
1 c. light brown sugar
1/2 c. white sugar
1 T. flour
3 T. Minute Tapioca
Pinch salt
1 1/2 c. Daisy Pastry Flour
1/2 t. salt
1/8 t. baking powder
1/2 c. shortening
4 to 5 T. water

Combine peaches, sour cream and brown sugar. Let stand while preparing pastry. To make pastry, sift flour, salt and baking powder. Cut in shortening. Add only enough water to hold pastry together. Pour peach mixture into pastry lined 9" pie plate. Combine granulated sugar, pinch of salt, the 1 T. flour and 3 T. tapioca. Sprinkle over peaches. Cover pie with lattice pastry. Bake at 400 degrees for 15 minutes, reduce heat to 350 degrees for 45 minutes or until peaches are tender and juice is thickened.

August 15, 1957

CREAM PUFFS

1 c. flour
1/4 t. salt
1/2 c. shortening (half butter)
1 c. boiling water
4 eggs

Sift flour with salt. Combine shortening and boiling water in saucepan; stir until shortening is melted. Add flour all at once and stir vigorously over low heat until mixture forms a ball and leaves the sides of the pan. Add unbeaten eggs, one at a time, beating thoroughly after each addition; continue beating until a thick dough is formed. Remove from heat. Drop by tablespoons onto very lightly greased baking sheet. Bake at 425 degrees for 50 minutes. When cool cut a slit in the side of each puff, fill with cream filling or sweetened whipped cream. Sprinkle tops with confectioners sugar. Makes 1 dozen large puffs.

Stabilized Whipped Cream (Cream Puff Filling):

1 pt. Genesee Country Medium Cream
4 t. cold water
2 t. unflavored gelatin
1/2 c. confectioners sugar
1/2 t. vanilla

Combine cold water and gelatin and let stand until thick, remelt over hot water until gelatin is completely dissolved. While this is cooling beat medium cream (must be very cold) until of medium consistency, add cooled gelatin and continue to beat while adding sugar and vanilla. Beat only until cream clings to the bowl. Overbeating will cause it to curdle. Keep in refrigerator until ready to fill puffs. Fill just before serving. Cream may be whipped ahead when done according to rules just described. Will hold up for hours.

Variation: Chocolate Cream Puffs: Melt 1 ounce unsweetened chocolate with shortening and water mixture.

August 16, 1957

Today we welcome to the program Dean Helen Canoyer, Dean of the College of Home Economics at Cornell University.

FRENCH FRIED SHRIMP

1 1/2 pounds shrimp, fresh or frozen	1 t. salt
2 eggs, beaten	1/2 c. flour
	1/2 c. fine dry bread or cracker crumbs

Peel shrimp, leaving the last section on if desired. Cut almost through lengthwise and remove sand veins. Wash. Combine egg and salt. Dip each shrimp in egg and roll in flour and crumb mixture. Fry in a basket in deep fat 350 degrees for 2 to 3 minutes or until golden brown. Drain on absorbent paper. Serve plain or with Tartare Sauce. Serves 4-5.

TARTARE SAUCE

Cream 1 cup of mayonnaise with wooden spoon, add to it the following ingredients: 1 small clove garlic, minced, 2 T. finely chopped onions, 1/3 c. pickle relish, and 1 T. lemon juice.

LIME OR LEMON CUSTARD FLUFF CUPS

3 T. butter	1 t. rind
1 c. sugar	3 T. flour
4 egg yolks	1/4 t. salt
1/3 c. lime or lemon juice	4 egg whites
	1 c. hot milk

Cream butter, add sugar gradually and cream together until light and fluffy. Add egg yolks and beat well. Add flour, juice, rind, salt and hot milk slowly. Lastly fold in stiffly beaten egg whites. Pour into 8 individual buttered custard cups. Set in a pan of hot water and bake at 325 degrees for about 50 minutes or until tops are delicately browned. Let cool at room temperature then refrigerate until ready to be served. Garnish top with a scroll of whipped cream, and a well drained maraschino cherry if desired.

August 19, 1957

HOW TO FREEZE CORN

Husk corn, remove silk and wash thoroughly. Scald by placing corn in boiling water and again bringing water to a full rolling boil. Do not work with too many ears at a time, 6 to 8 ears. Cool thoroughly in cold running water or ice water, chill and drain. Cut corn from cob, package, label and freeze.

To Freeze Corn on the Cob:

Husk, remove silk and wash thoroughly. Scald as suggested above. Chill thoroughly. Drain. Package individually for easy use. Label and freeze.

In labeling packages be sure to include: date frozen, name of food and variety.

MUSTARD GLAZED HAM SLICE

1 slice ham (about 1 inch thick)	1 T. brown sugar
3 T. Nances Mustard Supreme	1 t. finely minced onion
	3 T. finely slivered almonds

Place ham slice on broiler pan and broil about 3 minutes on one side. Combine mustard, brown sugar and onion, spread over ham slice. Broil about 3 minutes or until glaze bubbles. Sprinkle with toasted almonds before serving.

Garnish Tip: Broil sticks or rings of pineapple after turning ham. Sprinkle lightly with brown sugar; dot with a little butter. Place a stuffed olive in center of each ring if using pineapple rings. Sprinkle pineapple sticks with chopped parsley.

ORANGE LOAF CAKE

1 orange	1 c. sugar
1 c. sugar	1/2 c. shortening
2 c. cake flour	2 eggs
1 t. baking soda	2/3 c. sour milk or buttermilk
1/8 t. salt	
1/2 orange rind	

Pour the juice of 1 orange over 1 c. sugar. Set aside to dissolve while making the cake. Sift salt, soda and flour together. Cut orange rind into small pieces and grind or chop in blendor at low speed. Add sugar, shortening and eggs to the rind in the container. Cover and mix at Hi speed until light and creamy. Add the dry ingredients alternately with the milk and run at Hi speed until well mixed. Stop once or twice and use rubber scraper to blend ingredients. Bake in well greased and floured 8 x 8 x 2 inch pan. Bake at 350 degrees for 30 minutes. While hot pour the orange and sugar mixture over it. Serve warm or cold.

August 20, 1957

PICNIC MEAT LOAF

1 pound ground beef	1 1/2 t. salt
1/2 pound ground pork	1/4 t. pepper
1 c. tomato juice	1 t. sage
4 slices toasted bread	1 T. Worcestershire sauce
1/4 c. chopped onion	
2 T. chopped green pepper	2 eggs, slightly beaten

Pour tomato juice over toast. Combine remaining ingredients, add tomato juice mixture. Mix thoroughly. Pack mixture into 2 No. 2 cans or a 5 x 9 inch loaf pan. Bake the cans of meat loaf at 350 degrees for 1 hour, the loaf pan 1 1/4 hours.

POTATO PUFFS

3 c. mashed potatoes	1 t. salt
1 c. hot milk	2 T. butter
2 eggs, separated	1/4 c. grated cheese
1 t. parsley	

Add beaten egg yolks to mashed potatoes. Add salt, parsley, milk and butter. Mix well. Fold in stiffly beaten egg whites. Drop by spoonfuls into a flat well buttered baking dish, placing cakes 1 inch apart. Sprinkle with grated cheese. Bake at 350 degrees 30 to 40 minutes. Serves 6.

BAKED CHOCOLATE PUDDING

1 square chocolate, melted	1/2 c. milk
2 T. butter	1/2 c. sugar
3/4 c. sugar	1/2 c. brown sugar
1 c. flour	4 T. cocoa
2 t. baking powder	1 c. water

Combine chocolate, butter and sugar. Sift flour with baking powder, add alternately with milk to first mixture. Pour into ungreased round cake pan. Combine 1/2 c. sugar, 1/2 c. brown sugar and cocoa. Add 1 c. water. Pour over pudding in pan. Bake at 350 degrees for 40 minutes. (The pudding rises to the top during the baking, sauce remains on the bottom.) Note: Bake meat, potatoes, and pudding together.

August 21, 1957

MEAT BALLS WITH SPAGHETTI

1 pound ground beef	1/4 c. shortening
1 onion, minced	1/4 c. water
1/2 c. soft bread crumbs	2 No. 300 cans spaghetti with tomato sauce or:
1 egg, beaten	8 ounces uncooked spaghetti
1 t. salt	
Dash pepper	1/4 c. shortening
1 T. chopped parsley	4 T. flour
1/4 t. thyme	2 c. tomato juice
1/4 t. basil	1/2 t. salt
	Dash pepper

Combine ground beef, grated onion, bread crumbs, egg and seasonings; mix well. Shape into balls about 1 inch in diameter. Brown on all sides in shortening. Pour off drippings. Add 1/4 c. water to meat balls, cover and cook slowly for 20 minutes. Add canned spaghetti with tomato sauce and heat thoroughly for 5 minutes. (If desired, prepare spaghetti as follows: cook 8 ounces spaghetti in boiling salted water. For tomato sauce: add 1/4 c. shortening to pan and stir in flour; add tomato juice and stir constantly until thickened, about 10 minutes. Season with salt and pepper. Combine with cooked spaghetti and add to meat balls. 4 to 5 servings.

CHOCOLATE CHIP CUP CAKES

1/3 c. shortening	2 1/2 t. baking powder
1 c. sugar	3/4 c. milk
1 egg	1 c. chocolate bits (6 oz. pkg.)
2 c. cake flour	
1/2 t. salt	1 t. vanilla

Cream shortening and sugar, add egg and beat well. Sift flour, baking powder and salt. Add alternately with milk. Add chocolate bits and vanilla. Fill greased muffin tins 2/3 full. Bake at 375 degrees about 20 minutes. Yield: 2 dozen.

August 22, 1957

SOUTHERN RAISIN BARS

1 c. seedless raisins	1 1/2 c. flour
1/3 c. butter	1 t. baking powder
2/3 c. brown sugar	1/2 t. salt
2 eggs	1/4 t. cloves
1 t. vanilla	1/4 t. cinnamon
1/4 c. molasses	1/4 t. nutmeg
2 T. orange juice or water	1 c. chocolate bits

Rinse and dry raisins. Cream butter and sugar, add eggs and vanilla and mix well. Add molasses and orange juice. Sift flour, baking powder, salt and spices into first mixture, add raisins and chocolate bits. Spread into a greased pan about 10 x 15 inches. Bake at 350 degrees for 25 to 30 minutes. Cool in pan and cut into bars about 3 x 1 inches. Roll in confectioners sugar if desired. Makes 3 1/2 dozen.

August 23, 1957

SWORDFISH OR HALIBUT WITH ALMONDS

2 pounds halibut or swordfish steaks fresh or frozen	2 T. butter
	3 T. flour
	1 T. lemon juice
1 1/4 c. milk, scalded	1/4 c. slivered toasted almonds
3/4 t. salt	
Dash pepper	Paprika

Thaw frozen steaks. Place in well-greased baking pan 11 x 7 x 1 1/2 inches. To milk add seasonings and pour over fish. Bake at 350 degrees for 15 minutes. Remove from oven. Drain liquid and save. Place fish on a hot platter and keep warm. Melt butter; blend in flour. Add hot liquid gradually and cook until thick, stirring constantly. Add lemon juice. Pour over fish and top with almonds and paprika. Serves 6.

PINEAPPLE CREAM PIE

(By special request a 10-inch pie to serve 8)

1 c. sugar	2 t. unflavored gelatin
1/2 c. pineapple juice	2 T. cold water
4 egg yolks	1 No. 2 can crushed pineapple, strained (1 1/4 cups)
4 egg whites	
1 c. heavy cream, whipped	

Combine 1/2 c. of the sugar with pineapple juice and slightly beaten egg yolks. Cook over low heat until sugar is dissolved and custard coats a spoon. Do not allow to boil, just simmer. Stir constantly while cooking. Soften gelatin in cold water and let stand until thick. Add to very hot custard mixture, stirring constantly until completely melted. Remove from heat, pour into large bowl. Add strained pineapple to hot custard mixture and blend well. Beat egg whites until they cling to the bowl, add remaining 1/2 c. sugar and beat until well blended. Pour egg whites, all at once into hot custard and fold over and over until well blended. Pour into a cold baked 10 inch pie shell and refrigerate until very cold. Beat the 1 c. heavy cream and spread over pie. Serves 8.

* * * * *

This is my last telecast for three weeks. While I am on vacation Lucille Fleming will be taking my place. You enjoyed her so much last year and she is looking forward to being with you just as much as you are to having her. So, good-bye until September 16th. Cordially, Trudy.

WROC - Television
Channel 5

TRUDY McNALL'S
HOME COOKING RECIPES

August 26 - September 6, 1957

Weekdays
9:00 to 9:30 A.M.

August 26, 1957

PARTY CHICKEN

4 chicken breasts
1/4 c. flour
1/2 t. salt
1/4 t. paprika
1/2 c. melted butter

Stuffing:

2 c. dry bread cubes
1 T. chopped onion
1/2 t. salt
1/4 t. poultry seasoning
2 T. melted butter
1/4 c. hot water

Split chicken breasts just enough to fold. Remove as many bones as possible. Combine flour and seasonings in paper bag; add chicken and shake. Fill cavity of each piece of chicken with stuffing. Hold stuffing in place with toothpicks or metal skewers. Dip chicken in melted butter; place in baking dish. Pour remaining butter over top. Bake at 325 degrees for 45 minutes. Turn and bake additional 45 min. or until tender. Sprinkle with chopped parsley and serve with Mushroom Sauce. Serves 4.

MUSHROOM SAUCE

1/2 lb. fresh mushrooms, cut in half
1/4 c. finely chopped onion
2 T. butter
2 T. flour
1/2 c. heavy cream
1/2 c. sour cream
1/2 t. salt
1/4 t. pepper

Cook mushrooms and onion lightly in butter until tender, but not brown. Cover and cook about 6 minutes over low heat. Stir flour into butter. Add cream and seasonings. Heat slowly, stirring constantly.

APRICOT BUTTONS

1/2 c. butter
1/3 c. sugar
1 egg yolk
1/2 t. vanilla
1 c. flour
1/2 t. salt
1 unbeaten egg white
1/2 c. finely chopped nuts

Cream together butter and sugar. Stir in egg yolk and vanilla. Sift flour and salt together and add to creamed mixture. Shape into 36 small balls. Dip in the unbeaten egg white and roll in chopped nuts. Place 2 in. apart on greased cookie sheet. Make DEEP dent in center of each ball and bake at 300 degrees for 30 min. Remove from baking sheet. Cool and fill centers with apricot mixture.

Filling:

Rinse 1/3 c. dried apricots with cold water. Cover with water and cook until very tender. Mash and puree; add 1/3 cup sugar and cook slowly until thick. Stir constantly. Cool.

LEMON COCONUT DELIGHT

1 c. sweetened condensed milk
6 T. lemon juice
1 t. grated lemon peel
1 10x5 loaf angel cake
2 c. toasted coconut
15 orange sections (membrane removed) or canned mandarin oranges

Combine sweetened condensed milk and lemon juice. Stir until mixture thickens. Add lemon peel. Cut cake in 2 inch slices. Turn each on its side and frost with lemon mixture. Sprinkle with coconut. Chill. At serving time, garnish each slice with 3 orange sections and sprig of fresh mint. Serves 5.

August 27, 1957

CHOCOLATE CHIFFON PIE

4 egg yolks
1/2 c. sugar
1/2 c. boiling water
6 T. cocoa
1/4 t. salt
1 T. plain gelatin
1/4 c. cold water
1 t. vanilla
4 egg whites
1/2 c. sugar

Beat egg yolks with 1/2 c. sugar. Make a paste of cocoa, salt and boiling water. Add the gelatin which has been softened in cold water. Add egg yolks. Cool. Add vanilla and the meringue made by beating the egg whites until fluffy and then adding the sugar gradually. Fold the meringue into the chocolate mixture and pile into a baked pie shell. Chill thoroughly before serving. Serve with whipped cream.

SKILLET DELIGHT

1 t. sage
1/2 t. salt
1/8 t. pepper
6 loin pork chops, cut 1 inch
2 T. fat
2 medium onions, sliced
1 can condensed consomme
1 c. sour cream
3 T. flour
2 T. chopped parsley

Combine sage, salt and pepper. Rub chops with this mixture and then brown lightly in hot fat. Drain off excess fat. Add onion and consomme. Cover and simmer 30 minutes or until meat is almost done. Combine sour cream with flour and pour over chops. Simmer uncovered about 8 minutes longer. Sprinkle with parsley at serving time. 6 servings.

August 28, 1957

PARTY PEACH TARTS

6 fresh peach halves, sweetened
6 unbaked tart shells
1/3 c. brown sugar
1 T. cornstarch
1/4 t. salt
1/4 t. cinnamon
1 egg
1 c. sour cream

Place peach halves, cut side up, in tart shells. Mix brown sugar, cornstarch, salt, cinnamon, egg and sour cream with rotary beater. Pour over peach halves. Bake at 375 degrees for 15 minutes. Dot tops of tarts with special Topping and continue to bake until filling sets--about 10 minutes. May be served with whipped cream.

Topping: Mix 1/2 c. chopped pecans, 1/4 c. brown sugar, 2 T. butter and 1 T. white corn syrup. (Canned peaches may be used.)

BANANA TEA LOAF

1 c. flour
9 graham crackers, finely rolled (3/4 c. crumbs)
2 t. baking powder
1/4 t. baking soda
1/2 t. salt
1/3 c. shortening
2/3 c. sugar
2 eggs
1 c. mashed, ripe bananas
1/3 c. chopped nuts

Sift together flour, cracker crumbs, baking powder, soda and salt. Beat shortening until creamy, add sugar and beat again. Add eggs and beat well. Stir in dry ingredients alternately with bananas. Fold in nuts. Turn into well greased loaf pan (8 1/2 x 4 1/2 x 3 inches). Bake at 350 degrees for about 70 minutes or until done. Makes 1 loaf.

August 29, 1957

LEMON PRUNE DIAMONDS

Filling:

3/4 c. granulated sugar
1/4 c. flour
1/4 t. salt
1 6 oz. can frozen lemonade concentrate
1/4 c. water
1 1/2 c. chopped pitted prunes
1/2 c. chopped walnuts

Topping:

2 1/4 c. rolled oats
3/4 c. flour
3/4 c. brown sugar
3/4 t. salt
3/4 c. butter

Mix filling by combining granulated sugar, flour, salt, lemonade, and water. Add prunes. Bring to boiling and cook, stirring constantly, until thick, about 3 minutes. Add nuts and cool. In separate bowl, combine dry ingredients for topping cut in butter. Pat half of the oatmeal mixture in ungreased 13 x 9 x 2 inch pan. Spread with prune filling. Cover with remaining oatmeal mixture. Pat smooth and bake at 350 degrees for about 35 minutes. May be cut in bars and served as a cookie, or cut in larger diamond shapes and served topped with ice cream for dessert.

WATERMELON PICKLES

2 # trimmed watermelon rind
4 c. sugar
2 c. vinegar
2 c. water
1 lemon, thinly sliced
2 sticks of cinnamon
1 T. whole cloves
Red or green food coloring

Trim dark green and pink from rind. Cut in 1-inch cubes or other fancy shapes. Weigh. Soak overnight in salt water (1/4 cup salt to 1 cup water). Drain and rinse and cover with cold water. Cook until just tender. Drain. Mix sugar, vinegar, water, lemon and spices together and simmer 10 minutes. Add watermelon rind and cook slowly until clear and transparent. Fill hot, sterilized jars and seal. Makes 3 pints. To make prettier watermelon pickles, add a very small amount red coloring to syrup to make very faintly pink in color. Or for special pickles to be used for Holiday entertaining, cut in small star or bell shapes. Color part of syrup deep green and simmer half of the melon pieces; and color remainder of syrup red and simmer rest of melon pieces. Pack in 1/2-pint jars and when serving, use both red and green pickles on relish platters.

WINTER DILL PICKLES

100 medium sized cucumbers
1/2 c. salt
4 qts. water
Grape leaves
Fresh dill
10 qts. water
1 qt. vinegar
2 c. salt
Garlic
Hot red peppers

Wash cucumbers and leave whole. Make brine by adding 1/2 c. salt to each gallon of water. Cover cucumbers with brine and soak overnight. Combine the 10 qts. water, 1 qt. vinegar and 2 c. salt and bring to a boil. Let liquid cool overnight. In the morning, drain cucumbers and pack in stone or glass jars with layers of grape leaves, between pickles. Add 1 clove of garlic and piece of red pepper to each quart jar and also large head of fresh dill. Fill jar with vinegar mixture and top with grape leaf. Do not seal. Place in cool place for several weeks. After pickles finish "working," jars may be sealed and stored.

GOLDEN RELISH

4 c. carrots
4 c. celery
2 green peppers
2 pimiento
4 tart apples, peeled
2 c. sugar
2 c. vinegar
2 T. salt
2 T. celery seed

Peel and trim vegetables and apples and chop, not too fine. Add remaining ingredients and cook gently until almost tender. Fill sterilized pint jars and seal while hot. This relish is delicious with pork dishes.

August 30, 1957

CREOLE FISH FILLETS

1 c. chopped onion
1 c. chopped green pepper
1 clove garlic, minced
3 T. melted fat
1 No. 2 1/2 can tomatoes (3 1/2 cups tomatoes)
1 bay leaf
1 1/2 t. salt
Dash of cayenne pepper
2 lb. frozen halibut fillets
1 t. salt
1/4 t. pepper

Cook onion, green pepper and garlic in hot fat until tender. Add tomatoes, bay leaf, 1 1/2 t. salt and cayenne. Simmer 30 minutes. Place frozen fish in 11 x 7 x 2 baking dish. Sprinkle with salt and pepper. Pour tomato sauce over fish. Bake uncovered at 350 degrees about 45 minutes or until tender. 6 servings.

SWEET-SOUR PICKLES

Select small cucumbers. Cover with salt water, using 1 cup salt to a gallon of water. Let stand one week. Drain. Pour cold water over pickles. Let stand 24 hours. Drain. Cut lengthwise. To a gallon of water, add 1 T. powdered alum. Pour over pickles and let stand 24 hours. Pour off alum water. Cover with boiling water. Let stand 24 hours. Prepare a syrup of the following ingredients:

4 c. sugar	1 T. mustard seed
1 qt. cider vinegar	1 T. mixed spices
1 t. tumeric	

Heat pickles in this syrup for 3 mornings. Add 1/2 c. additional sugar on both 2nd and 3rd mornings. Pack in sterile jars. Pour over hot syrup and seal. Note: Color of pickles can be improved by careful addition of small amount of green food coloring to the syrup before heating pickles. CAUTION: DO NOT USE TOO MUCH COLOR--ADD VERY GRADUALLY UNTIL DESIRED COLOR IS OBTAINED.

September 2, 1957

MONDAY'S ROAST BEEF

2 c. julienne style cooked beef roast, or slices of roast beef	1 t. vinegar
	2 t. flour
	1/8 t. thyme
	1 bouillon cube
1/2 lb. fresh mushrooms, sliced	1 cup boiling water
	1 T. catsup
2 T. butter	1 t. salt
1 c. chopped onion	1/8 t. pepper
1 T. chopped parsley	

Cook mushrooms in butter until lightly browned. Remove mushrooms from skillet. Cook onion in drippings until very lightly browned. Add vinegar. Mix flour and thyme and add to onion, stirring well. Dissolve bouillon cube in boiling water. Pour into onion mixture, stirring until mixture thickens. Stir in catsup, salt, pepper, parsley and cooked mushrooms. Simmer several minutes. Place slices or strips of roast beef in sauce, spooning sauce over meat. Cover and simmer until meat is thoroughly heated. Serve on hot rice, if desired. Serves 4 - 6.

CHEESE BUNS

2 T. butter	1/2 c. grated sharp cheese
3 T. flour	
1 T. sugar	3 T. chopped pimiento
2 t. salt	1/4 c. lukewarm water
1 1/4 c. milk	1 package granular yeast
3 - 3 1/2 c. flour	

Combine butter, 3 T. flour, sugar and salt and stir in milk. Cook over low heat, stirring until thickened. Add cheese and pimiento. Stir until cheese is melted. Cool to lukewarm. When lukewarm stir in yeast which has been softened in 1/4 c. lukewarm water. Mix in flour. Knead. Let rise twice. Shape into buns or any shape roll. Let rise until light. Bake at 375 degrees for about 20 minutes, depending on size of roll. May be made as a loaf of bread, baking approximately 50 minutes.

September 3, 1957

EGGPLANT PIE

Saute slices of peeled eggplant in hot oil until soft and delicately browned. Place layer of eggplant slices in a large, flat pie dish and season with salt, pepper, very finely minced parsley and finely minced sweet basil. Cover with a layer of peeled and sliced fresh tomatoes. Season with salt, pepper, chopped parsley and finely chopped green pepper and finely chopped onion. Cover the tomatoes with slices of Mozzarella cheese. Beat 2 egg yolks into 1 cup of milk and pour the mixture over the pie. Bake at 300 degrees for about 25 minutes or until the custard is firm. Cut in wedges and serve with additional grated Parmesan cheese.

LUNCHBOX COOKIES

1 c. shortening	1/2 t. salt
1 c. brown sugar	3 t. baking powder
3/4 c. granulated sugar	1/2 c. milk
2 eggs	2 c. cornflakes
2 cups flour	1 t. vanilla

Cream shortening and sugar. Add vanilla. Sift flour, measure and add to salt and baking powder. Sift again. Add cornflakes to dry ingredients. Add dry ingredients to creamed mixture, alternately with milk. Mix thoroughly. Drop by teaspoonfuls onto greased baking sheet, about 3 inches apart. Bake at 375 degrees for 12 minutes. Makes 5 doz. cookies.

BARBARA'S APPLESAUCE CAKE

1/2 c. butter	2 c. flour
1 c. sugar	1 t. soda
1 egg	1 c. raisins
1 1/2 c. applesauce	1/2 c. nuts
1 t. each of cinnamon, nutmeg, cloves, allspice	

Cream together butter and sugar. Add egg, beat well. Add applesauce, then sifted dry ingredients. Fold in raisins and nuts. Bake in well-greased and floured 9 inch square pan, in 350 degree oven for approximately 45 minutes.

September 4, 1957

RAISIN CREAM PIE

1 c. raisins	1 T. cornstarch
2 egg yolks	1/4 t. salt
2/3 c. granulated sugar	1 9-inch baked pie shell
3/4 c. sweet cream	

Cook raisins with water just to cover. Beat egg yolks, stir cornstarch into sugar and add to egg yolks. Add cream and salt and beat well. Add cooked raisins and cook until thick. Cool slightly and pour into baked pie shell. Top with meringue made by beating 2 egg whites with 1/4 t. cream of tartar and adding 4 T. sugar. Bake until lightly browned in 400 degree oven.

GINGERBREAD BOYS
(for the first days of school)

1 c. shortening	5 c. flour
1 c. sugar	1 1/2 t. soda
1 egg	1/2 t. salt
1 c. molasses	1 T. ginger
2 T. vinegar	1 t. cinnamon
1 t. cloves	

Cream the shortening and sugar together thoroughly. Stir in egg, molasses and vinegar; beat well. Sift dry ingredients together; stir into molasses mixture. Chill thoroughly. Roll about 1/4 inch thick. Cut with gingerbread boy cutter. Bake on lightly greased baking sheet at 375 for 8 - 10 minutes. Use raisins or red-hots for eyes, nose and buttons. When cool, use confectioners sugar icing for hat trim, collar and cuffs. Makes 2 doz. large cookies.

September 5, 1957

BARBEQUED BRISKET OF BEEF

Have the butcher cut a 6 - 8 lb. brisket of beef. Brush one side of meat generously with "Liquid Smoke" (available in most grocery stores). Let stand 1/2 hour; turn meat and brush other side with Liquid Smoke. Let stand additional 1/2 hour. Pour over meat 1/2 cup bottled barbeque sauce. Cover tightly and bake at 325 degrees for 1 hour. Turn meat and pour over meat additional 1/2 cup barbeque sauce. Cover and bake slowly for about 4 hours, or until tender. Baste meat occasionally with additional barbeque sauce. Serve either hot or cold. Makes wonderful sandwiches.

FRENCH FRIED ONIONS

Slice big Bermuda or white onions about 1/4 inch thick. Soak onion rings in sweet milk for 1 hour. Shake in sack of flour, a few rings at a time. Redip in milk and shake again in flour. Heat fat to 400 degrees. Fry a few onion rings at a time, so they stay separate and brown nicely. Drain on paper toweling. Do not salt. Serve hot.

LAYERED PINEAPPLE SALAD

Part 1:	Part 2:
2 envelopes plain gelatin	2 t. gelatin
1 c. cold water	1/4 c. cold water
2 c. apricot juice	1/2 c. salad dressing
1/4 c. lemon juice	8 oz. cream cheese
Dash of salt	1 c. chopped celery
1 c. crushed canned pineapple	1/2 c. chopped pecans

Soften the 2 envelopes of gelatin in 1 cup cold water. Dissolve over hot water. Combine the apricot juice, lemon juice and salt. Add the gelatin and chill until slightly thickened. Add the pineapple. Pour half of this mixture into a 1 1/2 qt. ring mold. Chill until firm.

Soften the 2 teaspoons gelatin in 1/4 c. cold water. Dissolve over hot water. Gradually add the salad dressing to the cream cheese. Beat smooth. Add the gelatin, celery and pecans. Pour over the firm gelatin in the mold. Chill until firm and then add the remaining apricot gelatin and chill again until firm. Unmold on round platter. Garnish with lettuce and apricot halves and pineapple slices.

OZARK PUDDING

1 egg	1/8 t. salt
3/4 c. sugar	1/2 c. chopped apple
4 T. flour	1/2 c. chopped nuts
1 1/4 t. baking powder	1 t. vanilla

Beat the egg and add sugar, beating until light. Sift together flour, baking powder and salt and add to egg mixture. Fold in chopped raw apple and nuts and vanilla. Bake in buttered 9 inch pie plate at 325 degrees for approximately 30 minutes. Serve in wedges with whipped cream.

September 6, 1957

GREEN AND GOLD CASSEROLE

2 c. milk	1/2 clove garlic, minced
2 c. cubed cheddar cheese	2 eggs, slightly beaten
	1 can undiluted cream of mushroom soup
2 c. cooked rice	
1 c. chopped parsley	

Heat milk with cheese until cheese partially melts. Add the cooked rice, parsley, garlic, eggs and undiluted soup. Mix well. Pour into 2 qt. casserole. Set casserole in pan of hot water and bake, uncovered, for approximately 1 hr. and 20 minutes at 350 degrees; or until mixture is set. Serves 6.

COCONUT MACAROON CUPCAKES

3 c. flake-style coconut	1/2 t. baking powder
2/3 c. sugar	1/2 t. almond extract
1 egg white	1 egg white
6 T. cake flour	Candied red cherries

Combine coconut with 1/3 c. sugar and 1 egg white in double boiler. Heat over hot water until hot, stirring occasionally. Remove from heat. Sift flour and baking powder together and add to coconut mixture. Add flavoring, mixing well. Beat other egg white until foamy and add remaining sugar gradually until mixture stands in soft peaks. Fold in the coconut mixture. Place paper liners in 8 muffin pans and fill with batter. Top with cherry. Bake at 325 degrees for 25 minutes. (May be made in smaller tins--but be certain to bake in paper liners.)

APPLE DUMPLINGS

Pastry:	Sauce:
2 c. flour	1 c. sugar
1 t. salt	2 c. water
2/3 c. lard	3 T. butter
4 T. ice water, approx.	1/4 t. cinnamon

Mix pastry according to conventional method. Boil ingredients for sauce together for 3 minutes. Peel 6 apples. Roll out pastry a little less than 1/8 inch thick. Cut in 7" squares. Place an apple on each square of pastry. Fill core cavity with sugar and cinnamon mixture and dot with butter. Bring opposite points of pastry up over the apple. Overlap, moisten and seal. Lift carefully and place a little apart in baking dish and pour hot syrup around, not over, dumplings. Bake at 425 degrees for about 45 minutes, or until apples are tender. Serve warm with cream.

TRUDY McNALL'S
HOME COOKING RECIPES

WROC - Television
Channel 5

September 9 - 20, 1957

Weekdays
9:00 to 9:30 A.M.

September 9, 1957

NUT BUTTER COOKIES

1 c. flour	2/3 c. pecans
1/3 c. granulated sugar	1/2 c. butter

Grind pecans. Mix flour and sugar together and add ground nuts. Blend in butter to make dough and chill several hours. Roll out on floured pastry cloth to 1/8 inch and cut into rounds. Place on ungreased baking sheet and bake at 375 degrees for about 7 - 10 minutes. Cool and fill with chocolate icing. Frost with same icing and garnish with whole pecan. Makes 18 double cookies.

CHOCOLATE ICING

3 T. butter	2 sq. baking chocolate, melted
2/3 c. sifted confectioners sugar	Dash of salt
1 egg yolk	1/2 t. vanilla

Cream butter and sugar. Add egg yolk and melted chocolate. Beat well and add salt and vanilla.

HAM ROLL

	Filling:
2 c. flour	2 1/2 c. cooked and ground ham
4 t. baking powder	2 T. soft butter
1/2 t. salt	1 egg
4 T. shortening	1 1/2 T. prepared mustard
3/4 c. milk	

Sift flour, baking powder and salt together. Cut in shortening and add milk. Knead lightly and roll out 1/4 inch thick in a rectangle. Spread with the filling and roll up as for jelly roll. Mix all ingredients together for filling. Spread on rectangle of dough and roll up, seal edges well. Place on baking sheet, curving to make circle. With kitchen shears, make 12 cuts, about 1 1/4 inch apart, 2/3 the way into the roll. Turn each section on its side. Bake at 425 degrees for about 25 minutes. Serve hot with Egg Sauce.

EGG SAUCE

1 can condensed cream of chicken soup
1/3 cup cream
2 sliced hard cooked eggs

Blend cream into soup and heat. Add eggs. Serve in sauce boat.

September 10, 1957

SAUSAGE AND NOODLE CASSEROLE

1 6 oz. package noodles	1/2 c. green pepper, chopped
1 # pork sausage	1 can condensed tomato soup
2 onions, chopped	1 t. A-1 sauce
2 c. celery, chopped	

1/2 c. grated American cheese

Cook noodles until tender, in salted water. Drain. Break up sausage and fry until brown, add chopped onions and saute lightly. Add green pepper. Mix soup with A-1 sauce. In buttered baking dish arrange alternate layers of noodles and sausage mixture. Pour tomato soup over and sprinkle top with grated cheese. Bake at 325 degrees for about 40 minutes. Serves 6.

PEACHES AND CREAM PIE

Cream Filling:

1/2 c. sugar	2 c. milk
3 T. cornstarch	1 egg, slightly beaten
3 T. flour	1/2 c. heavy cream
1/2 t. salt	1 t. almond extract

1/2 c. slivered, toasted almonds

Mix sugar, flour, cornstarch and salt. Stir in milk. Bring to a boil, stirring constantly. Lower heat. Cook until thick. Add egg, bring to boiling point. Cool thoroughly and add heavy cream which has been whipped; and vanilla. Sprinkle the almonds in the bottom of a baked 9 inch pie shell. Pour in cooled filling. Cover top with sliced fresh peaches that have been gently poached in light sugar syrup of 1 c. water and 1 c. sugar. Cover peaches with glaze. Chill.

Glaze for Peaches:

1/2 c. peach syrup	1 T. lemon juice
2 T. sugar	1/8 t. almond extract
1 T. cornstarch	1 t. butter

Few drops yellow food coloring

Mix sugar and cornstarch. Mix peach syrup, salt and lemon juice. Stir into sugar mixture and cook until thick. Add butter, extract and enough yellow food coloring to make a delicate yellow.

September 11, 1957

FRUIT SPICE SQUARES

2 c. seedless raisins	1 3/4 c. flour
1 c. sugar	1 t. salt
1 c. water	1/2 t. soda
1/4 c. shortening	1 c. dates, cut up
1 t. cinnamon	1/2 c. dried apricots, cut up
1 t. nutmeg	
1/2 t. cloves	1/2 c. walnuts

Cook raisins, sugar, water, shortening and spices for 3 minutes. Cool. Sift dry ingredients and add to raisin mixture. Stir in dates, apricots and nuts. Bake in 13 x 9 x 2 inch pan, greased. Bake at 325 degrees for approximately 1 hour. Cool and frost with lemon icing.

LEMON ICING

1 1/2 c. confectioners sugar	4 T. butter
2 T. lemon juice	Dash of salt
	1 t. grated lemon rind

Mix together and beat thoroughly.

EGGPLANT SOUFFLE

1 large eggplant	1 c. cracker crumbs
2 medium onions	1 t. Accent
1/3 c. melted butter	1 can undiluted mushroom soup
3 eggs	

Peel eggplant, cube and cook in salted water until just tender. Drain. Saute chopped onion in butter until transparent, but not brown. Add to eggplant. When cooled, add the eggs, beaten; add cracker crumbs, soup, and Accent. Place in buttered casserole; sprinkle top with a few additional cracker crumbs and drizzle melted butter over the top. Bake at 375 degrees for about 45-50 minutes, or until set and nicely browned. Serves 8.

September 12, 1957

CHICKEN LIVER PATE' (For Hors d'Oeuvres)

1/2 lb. chicken livers	1 t. dry mustard
3 T. butter	1/8 t. ground cloves
1 t. salt	2 T. finely minced onion
Pinch of cayenne	1 hard cooked egg, finely chopped
1/3 cup rendered chicken fat or softened butter	1/4 t. Accent
1/4 t. nutmeg	1/8 t. garlic powder

Saute chicken livers in 3 T. butter - add a little water and simmer in covered pan until tender. Drain and put the hot livers through the finest blade of the food chopper; chop the hard cooked egg through the food chopper also. Mix this paste with all the other ingredients and beat until very smooth. Pack the mixture in a suitable crock and chill thoroughly. Turn out on serving plate, garnish with a garland of parsley and slices of stuffed olive. Serve with assorted salted crackers.

MOCHA BAVARIAN CAKE

Cake Part:

2 eggs	1 T. butter
1 c. sugar	1/2 c. milk, boiling hot
1/4 t. salt	1 c. cake flour
1 t. vanilla	1 t. baking powder

Beat eggs until light, add sugar and continue beating until very light. Add salt and vanilla. Add butter to boiling hot milk and add to egg mixture. Sift together the flour and baking powder and stir into the egg mixture very quickly. Turn into a greased and floured 9 inch round cake pan and bake at 350 degrees for about 35 minutes. Cool.

Mocha Bavarian:

2 oz. baking chocolate	3 egg yolks, beaten
1/2 c. boiling water	1 c. sugar
2 t. instant coffee	1/4 t. salt
1 T. unflavored gelatin	1 t. vanilla
1/4 c. cold water	3 egg whites, stiffly beaten

Melt chocolate in boiling water. Soften gelatin in cold water; add to hot chocolate mixture, add instant coffee. Stir until dissolved. Beat egg yolks and add 1/2 c. sugar, beating until light; add to the chocolate-gelatin mixture with the salt and vanilla. Cool. Fold the remaining 1/2 c. sugar into the stiffly beaten egg whites and add to the cooled mixture.

Tear off a 30" strip of waxed paper. Fold in half the long way, then fold again. Tie wax paper strip around cake layer with a string, making a high collar around the cake. Spoon in the mocha Bavarian over the cake layer. Decorate with shaved bitter chocolate. Chill overnight. Remove wax paper before serving. Cut in wedges.

September 13, 1957

SEA FOOD FILLETS

1 1/2 lb. fish fillets	1 cup grated sharp cheese
3/4 t. salt	3 T. sherry
Pepper	Paprika
3/4 c. milk	

1 can frozen cream of shrimp soup

Roll up fish fillets and stand up in 10 x 6 x 2 baking dish. Sprinkle with salt and pepper. Pour milk over fish and bake at 350 degrees for 30 minutes, uncovered. Thaw frozen shrimp soup and mix with milk drained from fish. Heat, stirring until smooth. Add 3/4 c. grated cheese. Stir until melted and add sherry. Pour over fish. Top with 1/4 c. grated cheese and sprinkle with paprika. Brown under broiler. Serves 4.

CARAWAY SEED BREAD

1/4 c. butter	2 1/2 t. baking powder
3/4 c. sugar	3/4 c. milk
1 egg, beaten	3/4 t. vanilla
1 2/3 c. flour	1 T. caraway seeds
1/4 t. salt	

Cream sugar and butter; add beaten egg. Sift flour, salt and baking powder together and add alternately to sugar mixture with milk. Add vanilla and caraway seeds. Bake in 8 1/2 x 4 1/2 x 3 inch greased loaf pan. Bake 35 minutes at 375 degrees. Delicious served with cream cheese for teas or with salads. Makes 1 loaf.

CHOCOLATE MERINGUES

1 c. chocolate bits	1 c. sugar
1 c. chopped nuts	1/2 t. vanilla
3 egg whites	

Melt chocolate bits over hot, not boiling, water. Set aside to cool. Beat egg whites until stiff, but not dry. Add sugar gradually and beat until smooth and satiny. Add vanilla and melted chocolate bits. Blend. Fold in nuts. Drop by teaspoonfuls onto greased cookie sheet. Bake in 350 degree oven for about 15 minutes. Remove from cookie sheet at once and cool on cake rack. Makes about 3 doz. meringues.

We are very proud of our new YOUNGSTOWN AND YOUNGSTOWN TAPPAN KITCHEN. If you's like any information concerning any part of our kitchen, please do not hesitate to ask me.

BACK FROM VACATION: Many thanks to Lucille for taking over for me. . .Trudy.

September 16, 1957

OVEN FRIED CHICKEN WITH BUTTER-HONEY SAUCE

1 frying chicken, cut up	1/4 t. pepper
1 c. flour	2 t. paprika
2 t. salt	1/2 c. butter

*Butter-Honey Sauce

Dip chicken pieces in mixture of flour, salt, pepper and paprika. Melt butter in a shallow baking pan in a hot oven (400° F.). Remove baking pan from oven. As pieces of floured chicken are placed in pan, turn to coat with butter, then bake skin side down in a single layer. Bake for 30 minutes. Turn chicken, pour Butter-Honey Sauce over chicken and bake for 30 minutes longer. Spoon sauce over chicken once during last 15 minutes of baking. *Butter-Honey Sauce: Melt 1/4 c. butter in saucepan, add 1/4 c. honey and 1/4 c. lemon juice.

BAKED STUFFED POTATOES

Select smooth-skinned baking potatoes. Bake at 400 degrees for 1 1/2 hours or until skins feel soft. Slice top from potato lengthwise. Scoop out inside of potato, season with salt and pepper to taste, add a little butter and hot top milk or light cream to make a fluffy mixture. Use electric mixer if desired for mashing potatoes. Pile mixture back into potato skins or fill pastry bag with potato mixture and fill potatoes. (This is an easy way to fill potatoes and makes them very attractive.) Sprinkle with paprika and chopped parsley. Return to oven to keep hot.

FUDGE CAKE WITH MAPLE ICING

2 c. flour	1 c. brown sugar
1 t. baking powder	2/3 c. shortening
3/4 t. baking soda	1 c. milk
1 t. salt	3 eggs
1 c. sugar	1/4 c. milk
2/3 c. cocoa	1 t. vanilla

Sift flour, baking powder, baking soda, salt, sugar and cocoa. Add shortening and 1 c. of milk. Beat for 1 1/2 minutes with electric mixer at low speed. Add unbeaten eggs, 1/4 c. milk and vanilla, beat for 1 1/2 minutes. Pour into 2 greased and floured 9 inch layer cake pans. Bake at 350 degrees for 30 to 40 minutes. Cool, frost with Maple Icing.

MAPLE ICING

1 1/2 c. maple syrup	3 egg whites

3/4 c. chopped walnuts or pecans

Cook maple syrup to 242 degrees or until syrup spins a thread. Beat egg whites until stiff. Pour syrup gradually over egg whites, beating constantly until thick enough to spread. Frost cake, sprinkle top with nuts.

September 17, 1957

BARBECUED FRANKS

A Year 'Round Favorite

1 T. shortening	1 t. chili powder
1 lb. SCHRADER'S German Frankfurters	1 t. salt
	2 T. vinegar
1 clove garlic, minced	2 T. Worcestershire sauce
1/2 c. thin onion slices	
1 8 oz. can tomato sauce	6 lemon slices, halved

Melt shortening in skillet. Cut crosswise slits in franks if desired. Add frankfurters. Cook slowly turning occasionally with tongs. When franks begin to brown, add garlic and onion, saute until onion is slightly browned, add tomato sauce, chili powder, salt, vinegar and Worcestershire sauce. Cover and simmer for 10 minutes, add a little water if a thinner sauce is desired. To Serve: Cook 1 c. uncooked rice in 2 c. salted water until tender. Place on hot platter. Top with frankfurters. Pour sauce over all. Arrange the lemon slices from the sauce in an attractive manner.

DEEP DISH APPLE PIE WITH HONEY-RUM SAUCE

1 1/2 c. DAISY PASTRY FLOUR	1/2 c. brown sugar
	1/2 c. white sugar
3/4 t. salt	3/4 t. cinnamon
1/2 c. shortening	Dash salt
Ice water	3 T. butter
6 to 8 medium-size tart apples	2 T. light cream
	*Honey-Rum Sauce

To make pastry: Sift flour and salt, cut in shortening as for pie crust. Add enough ice water to hold pastry together. Butter 9 inch square pan. Peel and slice apples into pan. Combine brown and white sugar with cinnamon and salt, cut in butter with pastry blender. Sprinkle mixture on top of apples. Roll out crust to fit pan allowing enough to flute edges if desired. Cut generous slits on top of pie. Brush with cream. Bake in hot oven at 450 degrees for 15 minutes, reduce heat to 350 degrees for 30 to 40 minutes or until apples are tender and crust is golden brown. Serve with Honey-Rum Sauce if desired. May also be served with top milk or light cream.

HONEY-RUM SAUCE

(Treadway Inn Special Recipe)

1 pound brown sugar	1/2 c. hot water
1 c. honey	1/2 pound (1 c.) butter
Pinch salt	1/2 c. rum

Combine everything but rum. Bring to a hard boil. Remove and cool. Add rum.

September 18, 1957

CONTINENTAL BEEF PATTIES

1 1/2 pounds ground beef	1 c. coarse dry bread crumbs
1 1/2 c. coarse dry bread crumbs	1/3 c. milk
	1 t. NANCE'S MUSTARD SUPREME
1 T. chopped onion	
1 egg, beaten	1 T. minced onion
1/2 t. salt	2 T. shortening
1/4 c. milk	1 can condensed mushroom soup
1/2 c. chopped SCHRADER'S bologna	1/4 c. water

Combine ground beef, 1/2 c. bread crumbs, 1 T. onion, egg, salt and 1/4 c. milk. Shape into 12 thin patties. Mix together bologna, 1 c. bread crumbs, 1/3 c. milk, mustard and onion. Place about 2 T. stuffing on 6 meat patties. Top each with a plain pattie. Press down edges to seal stuffed patties. Brown in shortening. Pour off drippings. Mix soup and water. Pour over patties. Cover tightly and simmer 15 minutes. 6 servings.

SUGAR-CRUSTY COBBLER

3 c. sliced, peeled fresh peaches	1/2 t. salt
	3 t. baking powder
1 c. sugar	3 T. sugar
1/4 t. almond extract	1/2 c. shortening
1 T. lemon juice	1/2 c. milk
1 t. grated lemon rind	1 egg, well beaten
1 1/2 c. DAISY PASTRY flour	

Combine peaches, sugar, almond extract, lemon juice and rind. Arrange in well buttered 8 inch square pan. Place in hot oven 400 degrees while preparing topping. To prepare topping: Sift flour, salt, baking powder, and 1 T. of the sugar into mixing bowl. Cut in shortening until mixture resembles coarse crumbs. Add milk and egg; stir just until flour is moistened. Drop dough by spoonfuls onto hot peaches. Sprinkle with remaining 2 T. sugar. Bake at 400 degrees for 30 to 35 minutes or until topping is done. Makes 6 to 8 servings.

September 19, 1957

RAISIN BUTTERMILK DROPS

1 1/2 c. light or dark raisins	2 T. butter
	3/4 c. brown sugar
2 c. flour	1 egg
1/2 t. soda	1/4 c. buttermilk
1/2 t. salt	1 t. vanilla
1 1/2 t. cinnamon	1 c. chopped walnuts
1/2 c. shortening	

Rinse and dry raisins on paper towels. Grind medium fine. Sift together flour, soda, salt and cinnamon. Mix in raisins with your fingers. Cream together shortening, butter and sugar. Beat in egg, then stir in half the flour mixture. Blend in buttermilk, vanilla and rest of dry ingredients. Mix smooth. Blend in walnuts. Drop by teaspoonfuls onto lightly greased cooky sheets. Flatten slightly with fork dipped in sugar. Bake in moderately hot oven 375 degrees 12 to 14 minutes. Makes about 4 1/2 dozen.

A LUNCHEON QUICKEE

SHRIMP RABBIT

1 can (10 ounces) frozen condensed cream of shrimp soup	1/2 c. shredded sharp process cheese
	1 t. NANCE'S MUSTARD SUPREME
1/2 c. milk	

4 slices buttered toast

Heat soup and milk in double boiler until soup is completely defrosted; stir frequently. Add cheese and mustard and heat until cheese melts and rabbit is smooth and slightly thickened. Serve over toast. 4 servings.

September 20, 1957

BAKED STUFFED FISH

3 or 4 pound fish, dressed	4 T. butter
	3 slices bacon, optional
1 1/2 t. salt	*Bread stuffing

Clean, wash and dry the fish. Sprinkle inside and out with salt. Stuff fish loosely and sew the opening with needle and string, or close with skewers. Place fish in greased baking pan. Brush with melted butter. Bake at 350 degrees for 40 to 60 minutes or until fish flakes easily when tested with a fork. If fish seems dry while baking, baste occasionally with melted butter. Remove string or skewers and serve immediately with lemon wedges.

Bread Stuffing:

1/4 c. chopped onion	Dash pepper
3/4 c. chopped celery	1/2 t. thyme, sage or savory seasoning
1/3 c. butter	
3/4 t. salt	4 c. stale bread crumbs

Cook celery and onions in butter for about 10 minutes or until tender. Add to bread crumbs with seasonings and mix thoroughly. If dressing seems dry, add a little water to moisten.

PINEAPPLE COCONUT CUP CAKES

from: Marjorie Murdock

1 c. fine coconut (macaroon type)	2 eggs
	2 1/2 c. flour
1/4 c. water	3 t. baking powder
1/2 c. shortening	1 c. crushed pineapple
1 t. salt	1 t. vanilla
1 c. sugar	

Combine water and coconut and let stand while preparing batter. Cream shortening, salt, sugar and eggs. Add vanilla. Stir in coconut. Add flour sifted with baking powder alternately with pineapple. Bake in muffin pans at 375 degrees for 25 to 30 minutes. Frost with Pineapple Icing.

PINEAPPLE ICING

3 T. butter, softened	3 c. confectioners sugar
1/2 t. vanilla	3 T. crushed pineapple
Dash salt	2 T. scalded milk

Combine all ingredients, beat until smooth.

Note: ATLANTIC SUPPLY, 380 Main St. East, have Macaroon coconut.

TRUDY MC NALL'S

HOME COOKING RECIPES, September 23 - October 4, 1957

WROC - Television
Channel 5
Daily, Monday - Friday
9:00 to 9:30 A.M.

RADIO CITY, ROCHESTER 3, N. Y.

September 23, 1957

BAKED HASH AND EGGS

2 c. finely cut cooked meat	1 t. salt
3 c. finely cubed cooked potatoes	1/2 t. paprika
1 T. finely chopped onions	2 T. shortening
	4 eggs

Combine meat, potatoes, onions, salt and paprika in the melted shortening in skillet. Cook slowly. Turn and stir with a pancake turner and brown lightly, about 10 minutes. Make 4 hollows with the back of a spoon. Drop an egg into each hollow. Cover the pan. Cook slowly or bake in a moderate oven (350 degrees) about 10 minutes to set the eggs. 4 servings.

GREEN GODDESS SALAD DRESSING

The Green Goddess dressing originated some thirty years ago. It was named for the play in which George Arliss was starring and was first served at a testimonial dinner given him the opening night in San Francisco. Delicately flavored, its smooth consistency causes this dressing to fully coat each leaf in salad bowl. Also superb on broccoli or asparagus. Recipe from Wanda Howard, Spice Island Representative.

1 c. mayonnaise (Old Dutch)	2 T. Eschalot Vinegar
1/2 c. heavy cream	1 rounding T. Anchovy Paste
1 T. lemon juice	1 T. shredded parsley or 1/3 c. fresh parsley
2 T. Tarragon Vinegar	2 T. onion powder or 1/4 c. chopped onions
2 T. Garlic Vinegar	

Add lemon juice to cream, mix with other ingredients. Serve with green salad.

INDIVIDUAL CHOCOLATE BREAD PUDDINGS

1 c. semi-sweet chocolate morsels	2 1/2 c. fresh bread crumbs
1/2 c. sugar	1 1/2 c. milk
1/4 t. salt	1 egg
1/2 t. cinnamon	*Light cream

Melt chocolate bits. Add remaining ingredients except light cream. Beat vigorously with rotary beater. Pour into 6 buttered pyrex custard cups. Place in shallow baking pan. Bake at 350 degrees for 20 minutes or until firm. *Serve with light cream. (Bake with hash if desired.)

September 24, 1957

FRANK QUAILS

Slit SCHRADER'S frankfurters lengthwise. Fill with a stick of sharp cheese (1/4 inch thick). Wrap each frankfurter spiral fashion with a slice of bacon, fastening each end with a toothpick. Broil until bacon is crisp and cheese is melted, or bake in a hot oven at 425 degrees about 15 minutes. Don't forget NANCE'S mustard to serve with the Quails.

BUTTER-BAKED ROASTING EARS

Heavy-duty or lightweight aluminum foil	1/2 c. butter
4 ears fresh sweet corn	1 t. salt

Tear a piece of aluminum foil 9"x12" for each ear of corn. Mix butter and salt; coat ears of corn. Wrap individually. Bring long sides of foil together. Lay edges flat on work surface and fold over three 1/4 inch folds, pressing tightly. Fold ends over twice and press tightly. Place wrapped corn on a baking sheet. Bake in preheated oven at 450 degrees for 15 to 20 minutes. Serve corn in aluminum foil boats and open just when ready to eat. Note: Bake Quails and corn together. If corn is young and tender it will bake in 15 minutes, for more mature corn allow 20 minutes. Bake Quails only until cheese is melted and frankfurters are hot.

POTATOES HASHED IN CREAM

6 medium sized potatoes	Dash of nutmeg
Top milk or light cream	2 T. butter
1/4 t. salt	Chopped parsley
Pepper	Paprika

Boil potatoes in their skins in salted water until done. Drain, cool, peel, cut into 1/4 inch slices. Place slices in skillet or saucepan with just enough hot rich milk or light cream to cover them. Add salt and pepper and cook until milk is reduced to about half the original quantity. Add nutmeg, butter and stir so that the sauce thickens as it combines with the milk. Sprinkle with chopped parsley and paprika before serving.

OLD FASHIONED TAPIOCA CREAM (Request)

1/2 c. Pearl Tapioca	1/3 c. sugar
1 c. water	Dash salt
3 1/2 c. milk	2 egg whites, stiffly beaten
2 egg yolks, slightly beaten	

Soak tapioca in water overnight. Add milk, cook in double boiler 1 hour. Stir frequently. Add slightly beaten egg yolks. Cook 5 minutes. Add sugar and salt. Remove from heat. Fold in stiffly beaten egg whites. Cool and serve.

September 25, 1957

GRANDMOTHER'S WATERMELON PICKLES

Rind from 1 medium-sized watermelon	2 T. stick cinnamon
1 c. salt	2 T. whole allspice
2 t. powdered alum	9 c. sugar
2 T. whole cloves	7 c. cider vinegar
	1--8 oz. bottle maraschino cherries

Peel green skin from rind. (The thicker the rind, the better the pickle.) Cut into diamonds, circles, strips, or any desired shape. Place in large bowl. Sprinkle with salt, add enough cold water to cover. Let stand overnight. Wash rind and drain well. Sprinkle the alum into enough boiling water to cover the rind. Add rind and cook until tender. Drain and wash thoroughly. Tie whole cloves, stick cinnamon and whole allspice in a cloth bag or place inside a tea ball. Boil the spices, sugar, and vinegar together until the syrup is thick. Add rind and cook until clear, about 20 minutes. Remove from heat; add maraschino cherry juice and halved cherries. Let rind stand in syrup overnight. Next morning pour off syrup, bring to a boil, pour over rind and cherries that have been arranged in sterilized jars. Seal. Makes 9 pints. Note: Earmark some of these "Christmas Gifts for Favorite Folks."

CHEESE AND CORN SKILLET DINNER

2 T. butter	1 dill pickle, chopped
1 pound ground beef	2 c. fresh, frozen or canned whole kernel corn, drained
2 T. chopped green pepper	1 t. salt
1 medium onion, chopped	1/8 t. pepper
2 T. celery, chopped	1 c. shredded sharp Cheddar cheese
1/2 c. chili sauce	

Melt butter in skillet. Add ground beef, green pepper, onion, celery and cook until meat is browned. Add chili sauce, pickle, corn, salt and pepper and simmer until corn is heated through. Mix in cheese and stir until cheese melts. Serve as is or on toasted, buttered bun. Top with additional shredded cheese if desired.

September 26, 1957

RASPBERRY SQUARES

1 c. flour	1 c. raspberry jam
1/4 t. salt	1 c. sugar
1 t. baking powder	2 T. butter
1/2 c. shortening	1 egg, well beaten
1 egg	2 c. shredded coconut
1 T. milk	1 t. vanilla

Sift flour, salt and baking powder, cut in shortening with pastry blender, add egg and milk and stir until well blended. Spread mixture in a 7 x 11 x 2 inch pan, bringing up a bit on the sides of the pan to hold jam, spread jam over dough. For the topping: Cream butter and sugar, add egg and beat well. Add coconut and vanilla, drop from spoon on top of jam, spread lightly, being careful not to disturb the jam. Bake at 325 degrees 30 to 35 minutes. Top should be lightly browned. Cut into squares after cooling slightly.

September 27, 1957

BROWN BREAD (Request)

1 c. white flour	1/3 c. salad oil
2 t. baking soda	1/2 c. brown sugar
1/2 t. salt	1/2 c. molasses
2 c. whole wheat flour	1 c. each chopped dates and nuts
2 c. sour milk or buttermilk	

Sift flour, measure, then resift with soda and salt. Add whole wheat flour. Combine milk, salad oil, brown sugar and molasses; pour into dry ingredients, mix well. Stir in dates and nuts. Spoon dough into 5 clean greased soup cans, filling 2/3 full. Bake at 350 degrees for 1 hour. Remove from oven, let stand 5 minutes before removing from cans. Wrap cooled bread in waxed paper to store. Bread will slice easier if stored for 12 hours or more. Makes 5 small loaves.

PINEAPPLE CHEESE PIE

1/2 pound Genesee Country Cottage Cheese
1 c. sugar
1/4 c. butter
1/2 c. flour
1/2 t. salt
2 eggs
3/4 c. milk
1 t. vanilla
2 1/2 c. crushed canned pineapple
1 T. cornstarch
Little cold water
Unbaked 9" pie shell

Rub cottage cheese through a sieve, add sugar slowly. Mix thoroughly, add soft butter and beat until light. Sift flour and salt and blend into cheese mixture. Add eggs alternately with milk which has been scalded and cooled, add vanilla. Heat pineapple. Mix cornstarch with enough cold water to make a paste, add to pineapple. Cook until thickened, turn into pie shell after cooling. Pour cheese mixture over top. Bake at 450 degrees for 10 minutes, then reduce heat to 350 degrees for 30 minutes. Cool and chill before serving.

BAKED HALIBUT STEAK

2 pounds halibut steak
Salt
1 T. melted butter
2 T. lemon juice
1/4 c. butter
1/4 c. flour
1 t. salt
1/4 t. pepper
2 c. milk
2 T. Nance's Mustard Supreme
3/4 c. grated American cheese
2 T. grated Parmesan cheese
Paprika
Parsley, chopped

Cut halibut into serving size pieces. Sprinkle with salt, brush with melted butter. Broil or pan fry on one side. Place browned side down in well buttered casserole. Brush with lemon juice. Make a white sauce of butter, flour, salt, pepper, milk and Nance's Mustard. Pour over fish. Sprinkle with cheeses. Bake at 350 degrees for 25 to 30 minutes. If top is not browned, casserole can be placed under broiler for a few minutes. Just before serving, sprinkle with paprika and parsley. 6 servings.

September 30, 1957

BROILER MEAL

Herb Chicken Broiled Tomatoes
Frozen French Fries

HERB CHICKEN

Broilers, split in half (1 half per person)
2/3 c. salad oil
2 T. chopped parsley
1 t. salt
1 t. seasoned salt
1/2 t. marjoram
1/2 t. paprika
1/4 t. pepper
1/4 t. tarragon

Place chicken in shallow pan. Mix remaining ingredients; pour over chicken and let stand 2 hours, turning occasionally. Drain off sauce and reserve. Place chicken on broiler pan (not rack) skin side down. Broil about 4 inches from heat about 30 minutes, turning and basting about every 10 minutes with the sauce. Chicken is done when thick part of drum stick can be cut easily with no pink showing.

GARLIC-BROILED TOMATOES

4 medium tomatoes
1 T. butter
Garlic salt

Turn tomatoes stem end down and cut crisscross mark, about 1/3 through. Brush with melted butter and sprinkle with garlic salt. Broil about 4 inches from heat until heated through, about 10 minutes.

FROZEN FRENCH FRIES

Warm French Fries in foil pan. Just open package of frozen kind. Place under broiler with chicken and serve.

AUTUMN SPICE CAKE

3/4 c. shortening
2 1/4 c. sifted cake flour
1 c. sugar
1 t. baking powder
1 t. salt
3/4 t. baking soda
3/4 t. cinnamon
3/4 t. cloves
3/4 c. brown sugar
1 c. buttermilk
3 eggs

Stir shortening to soften, add flour, sugar, baking powder, salt, baking soda and spices. Add brown sugar and buttermilk. Mix until all ingredients are just blended. Beat vigorously 2 minutes. Add eggs, beat 2 minutes. Pour into greased and floured 8 inch layer cake pans (2). Bake at 350 degrees for 30 to 35 minutes or until done. Frost with 7-minute Sea Foam Icing.

7-MINUTE SEA FOAM ICING

2 egg whites
3/4 c. brown sugar
3/4 c. white sugar
1/4 t. cream of tartar
1/3 c. water
Dash salt
1 t. vanilla
1/2 c. chopped walnuts

Combine all ingredients except vanilla and nuts. Beat 1 minute with electric beater or rotary beater. Cook over boiling water, beating constantly until sugars are dissolved and frosting stands in stiff peaks, about 7 minutes. Remove from heat, beat until of spreadable consistency, about 2 minutes. Frost cake, sprinkle top with chopped nuts.

October 1, 1957

EASY OVEN MEAL

Cranberry-Glazed Ham Loaf
Baked Sweet Potatoes
Brownie Pie

BROWNIE PIE

3 egg whites
Pinch salt
3/4 c. sugar
3/4 c. chocolate cookie crumbs
1/2 c. chopped walnuts
1/2 t. vanilla
Sweetened whipped cream

Beat egg whites with salt until stiff but not dry, gradually add sugar and beat until stiff peaks are formed. Fold in crumbs, walnuts and vanilla. Spread evenly in lightly buttered 9-inch pie plate. Bake at 350 degrees about 30 minutes. Cool. Spread top with whipped cream. Chill well. Trim with curls of shaved unsweetened chocolate. Serves 6.

CRANBERRY GLAZED HAM LOAF

2/3 pound ground smoked ham
1 1/2 pounds ground pork
1 c. dry bread crumbs
1/4 t. pepper
2 eggs, beaten
1 c. milk
1 c. cranberry sauce
1/4 c. light corn syrup

Combine meats, crumbs, pepper, eggs and milk. Mix well; place in 8 1/2 x 4 1/2 x 2 1/2 inch loaf pan. Bake at 350 degrees 40 minutes. Combine cranberry sauce and corn syrup; spoon over loaf and bake 20 minutes longer. Serves 6 to 8.

Note: Bake medium sized sweet potatoes with meat and pie. Allow 1 hour.

October 2, 1957

FANCY FRANKS

8 Schrader's Frankfurters
Butter
8 thin slices bread, crusts removed
Grated Parmesan cheese
3 T. finely chopped onion
3 T. Nance's Mustard Supreme
8 large stuffed green olives

Cover frankfurters with boiling water; let stand 6 minutes; drain. Butter bread; dip buttered side in Parmesan cheese. Combine onion and mustard; spread on unbuttered side of bread and place a frankfurter diagonally across each slice. Fasten 2 opposite corners of slice with toothpick. Place bread side down on broiler pan about 3 inches from heat. Broil 2 to 3 minutes on each side to toast. Perch stuffed olives on toothpicks and garnish each sandwich.

SPECIAL POTATO SALAD

2 pounds potatoes (about 6 medium)
1/4 c. chopped parsley
2 T. chopped green pepper
2 T. chopped celery tops
2 T. chopped green onions
2 T. chopped dill pickle
1/2 c. Old Dutch Mayonnaise
2 T. French Dressing
1 t. salt
1 T. Nance's Mustard Supreme
Dash pepper

Cook potatoes in jackets until tender, cool and peel. Cut into cubes. Mix 2 T. of the chopped parsley with next four ingredients; take out about 1/4 c. of mixture and to it add rest of parsley, set aside. Toss remainder of chopped parsley with potatoes. Combine mayonnaise, French dressing and seasonings; add to salad and toss to mix well. Pack into shallow 1 quart baking dish. Sprinkle reserved parsley over top. Chill. Lift out servings with pancake turner so that salad can be served parsley side up. Makes 4 to 5 servings.

PENNSYLVANIA APPLE PUDDING

2 large apples, peeled, cored and diced
1/2 c. finely chopped nuts
1 egg, beaten
1 c. sugar
2 T. flour
1 t. baking powder
1/2 t. salt

Mix all ingredients lightly. Spread in well buttered 9 inch pie plate. Bake at 350 degrees for 25 minutes or until a macaroonlike crust forms on top. Serve warm or cold with whipped cream or ice cream.

October 3, 1957

CHOCOLATE COOKIES

1/2 c. butter
1/2 c. shortening
1 1/2 c. sugar
2 eggs
1 c. milk
4 squares unsweetened chocolate
3 1/2 c. flour
1 t. soda
1 t. salt
1 t. vanilla
1 c. chopped nuts

Cream butter and shortening, add sugar and beat well. Add eggs. Melt and cool chocolate, add to first mixture. Sift flour, soda and salt. Add alternately with milk to mixture. Add vanilla and nuts. Drop by teaspoonfuls onto ungreased baking sheets. Bake at 400 degrees for 8 minutes. Makes 5 to 6 dozen. If desired frost with plain confectioners icing made by adding milk to confectioners sugar to make spreadable. Add a dash of salt and a little vanilla. Top each cookie with a pecan or walnut half.

October 4, 1957

GINGERBREAD

1/2 c. boiling water
1/2 c. shortening
1/2 c. brown sugar
1/2 c. molasses
1 egg, beaten
1 1/2 c. flour
1/2 t. salt
1/2 t. baking powder
1/2 t. baking soda
1 t. cinnamon
1/2 t. ginger

Pour water over shortening, add sugar, molasses and egg, beat well. Add sifted dry ingredients. Pour into greased and floured 8 inch square pan. Bake at 350 degrees for 35 minutes.

BROILED LIVER AND BACON

Put slices of baby beef liver on cold broiler pan. Brush with French Dressing. Place 3 inches from heat. Broil 3 minutes; turn. Top with bacon slices. Broil 3 to 4 minutes longer. (Bacon keeps liver moist.)

SAUTEED ONIONS

12 medium onions
1/4 c. butter
Salt
Pepper

Slice onions 1/4" thick. In hot butter in large skillet, saute slowly, turning often, 25 to 30 minutes or until tender and golden. Sprinkle with salt to taste. Serve with liver and bacon.

Trudy McNall's

MENU OF THE WEEK

Prepared Especially for STAR

Watch Trudy's Home Cooking Show on WROC-TV, Channel 5, Monday - Friday at 9:00 A.M.

TRUDY McNALL'S **Program 9/26/57**

STAR SPECIAL RECIPES

BAKED "COOKED HAM"

Armour Star and Hygrade Brands—Ready to Eat (Whole or Half Ham)

Place ham fat side up on a rack in a shallow uncovered roasting pan. Bake in a slow oven 325 degrees for 15 minutes per pound. 1/2 to 3/4 hour before baking time is up, remove from oven and score fat. Baste with following glaze: 1/4 c. honey, 1/2 c. brown sugar, 1/4 c. orange or pineapple juice.

HAM AND PINEAPPLE BROILER DINNER

Smoked center-cut ham slice, cut 3/4 to 1 inch thick	4 c. cooked rice
	6 pineapple rings
	2 T. melted butter

Spoon cooked rice into bottom of broiler pan. Place ham slice on broiler rack. Insert broiler rack so the top surface of the meat is 2 to 3 inches from the heat. Broil until ham is nicely browned, about 6 minutes, turn and place pineapple rings on rack. Brush pineapple with butter. Broil until browned, about 6 minutes. Serve ham and pineapple on rice with Pineapple Raisin Sauce.

PINEAPPLE RAISIN SAUCE

1 c. pineapple juice	2 T. cornstarch
1 c. water	2 T. brown sugar
1/2 c. seedless raisins	1/4 c. water

Combine pineapple juice, water and raisins in saucepan. Simmer 10 minutes. Mix together cornstarch, brown sugar and water. Add to raisin mixture, stirring constantly until thickened.

ROAST CHICKEN BREASTS

"A surprisingly simple, but simply delicious dish."

4 chicken breasts	1 large lemon, sliced thin
1/4 c. butter	Salt and pepper

Arrange the chicken breasts skin side up in a shallow buttered casserole pretty enough to come to the table. Sprinkle generously with salt and pepper, dot with butter, arrange the thin slices of lemon so that all the pieces of chicken are covered with the lemon. The circles will overlap, of course. Roast, uncovered, at 350 degrees for about 50 minutes. From time to time baste the chicken with juices in the pan and butter. Serves 4.

JAM SQUARES

1 c. flour	1 c. jam (any kind)
1/4 t. salt	1 c. sugar
1 t. baking powder	2 T. butter
1/2 c. shortening	1 egg, well beaten
1 egg	2 c. shredded coconut
1 T. milk	1 t. vanilla

Sift flour, salt and baking powder, cut in shortening with pastry blender. Add egg and milk and stir until blended. Spread mixture in a 7 x 11 x 2 inch baking pan, bringing up a bit on the sides of the pan to hold the jam, spread jam over dough. For the topping: Cream butter and sugar, add egg and beat well. Stir in coconut and vanilla, drop from spoon on top of jam, spread lightly being careful not to disturb the jam. Bake at 325 degrees for 30 to 35 minutes. Top should be lightly browned. Cut into squares after cooling slightly.

SUGGESTED MENU: to serve with either ham or chicken. Mashed Potatoes or Candied Sweets, Top Frost Lima Beans or Succotash, Sliced Tomato or Tossed Green Salad, Rolls and Butter, Jam Squares, Beverage. Note: Omit potatoes with broiler meal since rice is used.

TRUDY MC NALL'S

WROC - Television
Channel 5
Daily, Monday - Friday
9:00 to 9:30 A.M.

ROCHESTER 3, N. Y.

October 7, 1957

JELLY CELESTIAL

FROM: Mrs. Arthur Dear, Newark, New York

2 pounds Cortland apples 2 pounds quinces
2 pounds cranberries

Wash the apples and quinces; remove blossom ends. Do NOT pare or core but DO cut the fruit into very small pieces. Add enough cold water to cover the fruit and cook rapidly until soft. Cool; strain through muslin jelly bag. Wash and pick over the cranberries. Cover fruit with cold water and cook until soft. Cool; strain through jelly bag. Combine apple, quince and cranberry juices and strain through heavy, white flannel cloth. Measure 4 cups of these combined juices and bring to the boiling point; add 3 1/2 cups sugar; keep at a rolling boil for about 20 minutes or until it "jells." Do NOT make more than this quantity in one kettle. Use four to six quart size kettle. Watch jelly constantly while boiling. Pour into sterilized glasses and seal at once. Do not overcook this luscious jelly. There is none comparable to the flavor of Jelly Celestial. Note: Temperature for jelly on thermometer 220 degrees.

HAM 'N' YAM SUPPER

Whole cloves
2 slices (1 inch thick) fully cooked boneless ham
1 T. Nances Mustard Supreme
1 c. maple syrup
1 can (1 lb.) yams, drained
1 c. drained canned sliced apples

Stick cloves into one side of each ham slice. Melt butter in skillet or Druware dish. Blend in mustard and syrup. Cook 5 minutes over medium heat. Add drained yams and cook 5 minutes, turning occasionally. Add ham slices, clove side down; then apples. Heat ham slices 5 minutes on each side. Baste apples and yams frequently. Makes 4 servings. Note: The ham we are using today is new...it's boned, de-fatted, rolled and cooked...all ready to eat as is! These hams weigh from 2 - 4 pounds.

October 8, 1957

GLAZED PORK LOIN ROAST

4 to 5 pound center-cut pork loin roast
2 oranges, sliced
1/4 c. brown sugar
2 T. flour
2 T. vinegar

Have backbone removed from loin. Cut through fat surface about halfway into roast over the rib bone. Place roast, fat side up, on a rack in an open roasting pan. Do not add water. Do not cover. Roast in a moderate oven 350 degrees for 35 to 40 minutes per pound or about 3 hours. Remove from oven. Cut orange slices in half and insert between slices of meat. Combine sugar, flour and vinegar. Mix well. Spread over meat and return to oven for 10 minutes or until glaze is set. To carve the roast, cut halfway between where the orange slices are inserted, thus allowing one rib and one orange slice per serving. 6 to 8 servings.

PUMPKIN PECAN PIE

1 unbaked 9-inch pie crust
3 T. sugar
1/2 t salt
1 t. cinnamon
1/2 t. ginger
1/2 t. nutmeg
1 No. 303 can or 2 cups canned pumpkin
2/3 c. brown sugar
2 eggs, beaten
1 c. evaporated milk
1/2 c. water

Mix sugar, salt and spices well. Combine pumpkin, brown sugar, eggs and spice mixture. Scald evaporated milk and water. Add scalded milk, stirring until evenly blended. Pour into unbaked pie crust and bake at 425 degrees for 40 minutes. Sprinkle with Pecan Topping. Return to oven and bake 10 minutes longer or until pie is glazed.

Pecan Topping:

2 T. butter
1/4 c. brown sugar
1 T. grated orange rind
3/4 c. whole pecans

Combine butter, brown sugar and whole pecans.

SINGLE PIE CRUST

1 c. DAISY pastry flour
1/2 t. salt
1/3 c. shortening or lard
2 to 4 T. water

Add salt to flour. Cut shortening into flour until crumbs are about the size of small peas. Add cold water, a little at a time, mixing quickly and evenly through flour with a fork until dough just holds in a ball. Use as little water as possible.

October 9, 1957

HAMBURGERS WITH SMOTHERED ONIONS

1 pound ground beef
1 t. salt
1/4 t. garlic salt
1/8 t. celery salt
1/8 t. paprika
1/8 t. pepper
2 T. hot water

Combine all seasonings and pour hot water over them, mixing well. Pour over ground beef and mix well. Shape into patties, for large patties use 1/2 standard measuring cup, then flatten into 5 inch round patties. Fry in skillet over medium heat using small amount of fat. Cook 2 minutes on each side for medium, 3 minutes for well done. Do not turn until meat is brown on one side.

Smothered Onions:

Slice onions and saute in small amount of butter in an uncovered skillet until lightly browned. Sprinkle with salt and paprika. Cover and allow to steam about 15 minutes or until tender.

CINNAMON PUFFS ON BAKED APPLES

1 c. sugar
1 c. water
Red food coloring, optional
1 1/2 c. flour
2 t. baking powder
1/2 t. salt
1/2 c. shortening
3/4 c. milk
2 T. butter
2 T. sugar
1/2 t. cinnamon
5 apples
1/2 pint light cream

Combine sugar, water and coloring in saucepan, bring to a boil, simmer 5 minutes. Sift flour, baking powder and salt, cut in shortening. Stir in milk to make a soft dough. Combine butter, the 2 T. sugar and cinnamon. Peel, quarter, core and slice apples and arrange in an 8 by 12 inch baking dish. Pour the boiling syrup over the apples. Drop dough from a tablespoon onto the sliced apples, making 12 puffs in all. With a teaspoon (or your finger) make a depression in each drop biscuit and put some of the cinnamon mixture in each indentation. Bake in a hot oven at 450 degrees for 30 minutes, or until puffs are golden brown and apples are tender. Cool slightly and serve with light cream. Serves 8.

October 10, 1957

MOLASSES NUT COOKIES

1 c. shortening
1 1/2 c. molasses
1/4 c. sugar
4 c. flour
1 1/2 t. salt
2 t. soda
2 t. cinnamon
1 1/2 t. ginger
1/2 t. cloves
1 egg
2/3 c. chopped nuts

Melt shortening in saucepan large enough for mixing cookies. Stir in molasses and sugar; cool. Sift flour, salt, soda and spices. Mix in small amount of flour; beat in egg. Blend in remaining flour and nuts. Chill dough about 2 hours. Shape into 1-inch balls. Place on ungreased cookie sheet about 2 inches apart. Bake in moderate oven 350 degrees for 15 minutes. If desired, spread cookies while warm with glaze made with 1 c. sifted confectioners sugar and 1 tablespoon water. Store in tightly covered container. Yield: 5 dozen cookies.

October 11, 1957

BAKED FILLETS WITH TABASCO CHEESE SAUCE

1 1/2 to 2 pounds fresh or frozen flounder fillets
1 T. water
1 t. salt
1/8 t. pepper
1/4 c. butter
1/4 c. flour
1 T. NANCES Mustard Supreme
3/4 t. salt
1/4 t. Tabasco
1 1/2 c. milk
1 c. grated American cheese
2 T. grated Parmesan cheese

Roll fillets and place in shallow casserole. Add water and sprinkle with salt and pepper. Bake in a hot oven 450 degrees 15 minutes. Melt butter; stir in flour, mustard, salt and Tabasco. Add milk slowly and cook, stirring constantly, until mixture thickens and comes to a boil. Remove from heat; add grated cheese and stir until melted. Pour over fish; sprinkle with Parmesan cheese. Return to oven and bake 10 to 15 minutes longer or until sauce bubbles and browns. Yield: 6 servings.

PRUNE BREAD

2 c. boiling water
2 c. dried prunes, pitted and coarsely cut
2 t. soda
3 T. melted butter
1 1/4 c. sugar
1 egg
1 t. vanilla
4 c. flour
2 t. baking powder
1 t. salt
1 c. chopped walnuts

Pour boiling water over cut-up prunes, add soda, cool. Mix butter, sugar and egg thoroughly; stir in vanilla. Sift flour, baking powder and salt. Add to creamed mixture alternately with water from prunes. Stir in prunes and nut meats. Spoon into two 9 by 5 inch greased and floured loaf pans. Bake at 300 degrees for 1 hour or until golden brown and done. Note: This bread is particularly good when cut in thin slices and spread with whipped cream cheese, it is excellent toasted, easy to make, too, for prunes are not cooked first.

October 14, 1957

BASIC BEEF STEW

1 1/2 pounds boneless beef for stew
2 T. shortening
1 t. salt
1/8 t. pepper
Water to cover
4 medium potatoes
4 medium carrots, cut in half
4 small onions
1 12-ounce package frozen green peas or beans
1/4 c. flour

Brown meat in shortening. Season, add water, cover and cook slowly for 1 hour. Add potatoes, carrots and onions, cover and cook 30 minutes. Add green beans or peas and cook 30 minutes longer or until meat is tender and vegetables are done. Remove meat and vegetables to serving dish. Add water to cooking liquid to make 2 cups. Thicken liquid with flour for gravy. Pour gravy over meat and vegetables.

WALDORF SALAD

2 c. diced unpeeled red apples
1 c. diced celery
1/2 c. chopped nuts
1 c. mayonnaise
1 T. lemon juice
2 bananas, sliced

Mix together apples, celery, and nuts. Combine mayonnaise and lemon juice, add to apple mixture. Add sliced bananas. Arrange on salad greens, sprinkle with paprika if desired.

QUICK BRAN MUFFINS

1 c. whole bran cereal
*3/4 c. milk
1 egg
1/4 c. soft shortening
1 c. sifted flour
2 1/2 t. baking powder
1/2 t. salt
1/4 c. sugar

Combine whole bran cereal and milk; let stand until most of moisture is taken up. Add egg and shortening; beat well. Sift together flour, baking powder, salt and sugar. Add to cereal mixture, stirring only until combined. Fill greased muffin pans two-thirds full. Bake in moderately hot oven (400 degrees F) about 30 minutes. Serve immediately. Yield: 9 muffins, 2 1/2 in. in diameter.

*If buttermilk or sour milk is used in place of sweet milk, reduce baking powder to 1 teaspoon and add 1/2 teaspoon baking soda.

October 15, 1957

GLAZED SMOKED SHOULDER BUTT

2 to 4 pound smoked boneless shoulder butt
Water to cover
1 medium onion, sliced
6 whole cloves
1 bay leaf
1 stick cinnamon
1/2 t. celery seed
1/2 c. brown sugar
1 T. flour
1 T. NANCES Mustard Supreme
2 T. juice from spiced peaches

Cover shoulder butt with water. Add onion, cloves, bay leaf, cinnamon and celery seed. Cover tightly and simmer 2 to 2 1/2 hours or until done. Remove from liquid. Place meat on rack in roasting pan. Mix brown sugar, flour, mustard and peach juice. Spread mixture on shoulder butt and bake in a moderate oven 350 degrees for 15 minutes or until glaze is set. Serve with spiced peaches studded with whole cloves.

BRAZIL NUT POUND CAKE

1 c. shortening
1 t. grated lemon rind
2 t. lemon juice
1/2 t. mace
1 1/2 c. sugar
2 T. milk
5 eggs
2 c. flour
1 t. salt
3/4 c. chopped Brazil nuts, toasted

Cream shortening with lemon rind, lemon juice and mace. Add sugar gradually and cream until light and fluffy. Stir in milk. Add eggs, one at a time, beating well after each addition. Sift together flour and salt; add to creamed mixture. Add 1/2 c. of the Brazil nuts. Turn into a greased 9-inch tube pan; sprinkle with remaining nut meats. Bake in slow oven 325 degrees 1 hour and 25 minutes. Cool on cake rack; remove from pan. Note: To toast Brazil nuts: Spread chopped or sliced nuts in shallow pan. Toast in moderate oven 350 degrees 10 minutes.

October 16, 1957

MUSHROOM-STUFFED MEAT LOAF

1/2 pound mushrooms
1 large onion, chopped
1/2 c. finely chopped celery
2 T. butter
3/4 c. tomato juice
1 c. soft bread crumbs
1 1/2 t. salt
1/8 t. pepper
2 pounds ground beef
2 eggs

Saute mushrooms, onion and celery in butter until vegetables are limp. Add 1/2 c. of the tomato juice and simmer 10 minutes. Mix in bread crumbs, 1/2 t. of the salt and pepper. Mix together ground meat with remaining 1 t. salt, remaining 1/4 c. tomato juice and eggs. Shape meat mixture into a loaf in a greased baking dish; scoop out center, fill with mushroom mixture and pat remaining meat mixture over mushroom stuffing, enclosing it completely with the ground meat. Bake at 450 degrees for 20 minutes, reduce heat to 350 degrees and bake 30 minutes longer. Serves 8.

PECAN DATE CAKE

1/4 pound pitted dates, cut in very small pieces
1 c. boiling water
2/3 c. butter or shortening
1 c. sugar
1 egg
1 t. vanilla
2 1/2 c. cake flour
1 1/4 t. baking soda
1/2 c. pecan meats, finely chopped
Confectioners sugar

Pour boiling water over dates. Let stand until cold. Cream butter and sugar, add egg and beat well. Add vanilla. Sift flour and soda, add alternately with date mixture to creamed mixture. Do not overbeat. Stir in nuts. Pour into greased and floured 9 x 9 x 1 1/2 inch pan. Bake at 350 degrees for 45 to 50 minutes or until done. Remove from oven, let stand on cake rack about 15 minutes. Loosen around sides and turn out onto cake rack. When cold, sprinkle thickly with sifted confectioners sugar. Note: This cake stays fresh a long time. Delicious served with whipped cream.

October 17, 1957

DOUGHNUTS
"A pre-Halloween special"

5 1/2 c. sifted flour
4 t. baking powder
1 t. salt
1 1/4 c. sugar
1 t. nutmeg
3 eggs, beaten
1 c. milk
6 T. melted shortening
Fat for deep-fat frying

Sift dry ingredients. Add eggs and milk. Stir in shortening. Roll 1/4 inch thick on floured pastry cloth. Cut out and fry in deep fat at 365 degrees until brown, about 2 - 3 minutes. Turn once. Drain, roll in granulated, confectioners or cinnamon sugar if desired. Yield: 3 dozen doughnuts.

October 18, 1957

ASPARAGUS AND TUNA CASSEROLE

1 package frozen asparagus
2 cans tuna fish
1 10-ounce can cream of mushroom soup
1 c. crushed potato chips
2 T. pimiento, cut in pieces
4 hard-cooked eggs, sliced

Cook asparagus until tender and arrange on bottom of buttered 10-inch pie plate. Cover with slices of hard-cooked eggs. Heat mushroom soup until thin, add to tuna fish and pimiento, mixing until well blended. Spread this mixture over the hard-cooked egg slices, then cover with crushed potato chips. Bake at 350 degrees for 20 minutes, covering with pie plate of same size, uncover and bake for 10 minutes. Total baking time, 30 minutes. Note: Casserole may also be baked in 1 1/2 quart baking dish.

FAVORITE PECAN PIE

3 T. butter
1/4 c. brown sugar
1/2 c. flour
3 c. light corn syrup
Dash salt
1 t. vanilla
3 eggs, well beaten
1 c. pecan halves
Unbaked 9 inch pie shell

Cream butter and brown sugar; stir in flour and blend well; add syrup, salt and vanilla. Stir in eggs and mix well. Pour into unbaked pie shell. Bake at 350 degrees for 1 hour and 10 minutes or until center seems set. Cool before serving.

Trudy McNall's

MENU OF THE WEEK

Prepared Especially for STAR

WATCH "HOME COOKING" • 9 A.M. • WROC-TV • Channel 5

Program 10/11/57

BAKED PORK CHOPS WITH STUFFING

4 pork chops (cut 1 inch thick)	3 T. butter
1 t. prepared mustard	1 T. chopped onion
2 c. stale bread crumbs	1/8 t. sage
	1 t. salt

Spread chops with mustard, brown them well on one side in a heavy skillet, using small amount of fat or fat cut from sides of chops. To prepare stuffing melt butter, saute onion for several minutes, add bread crumbs, sage and salt. If dressing is too dry add a little water. Pack the stuffing on each chop to make it double thick. Cover and bake at 350 degrees for 30 minutes. Uncover and bake 20 minutes until stuffing is crisp and brown. Note: You may use packaged stuffing. See directions on package.

HOW TO ROAST PORK
(For Rib or Loin Roast or Fresh Ham)

Place roast fat side up on a rack in an open pan. Season with salt and pepper before or after roasting. Do not sear, add no water, do not cover. If using a meat thermometer insert through the fat side into the center of the roast. Do not let the tip touch a bone. Roast in a slow oven 325 degrees until the roast meat thermometer registers 185 degrees. This is well done. For length of time required see chart below. Plan on a 15 minute rest period out of oven before carving. This allows time to make the gravy, makes carving easier.

ROASTING SCHEDULE FOR FRESH PORK
(Meat roasted from refrigerator temperature in slow oven 325 degrees F.)

	Weight In Pounds	Approximate Cooking Time
Fresh Ham	5	4 1/2 hours
Rib End Roast	5	3 1/2 hours
Loin End Roast	5	3 1/2 hours

Allow about 40 minutes per pound for Rib or Loin Roast and about 55 minutes per pound for Fresh Ham. More time is needed for Fresh Ham because of thickness of meat. Remember all pork must be WELL DONE.

Bake potatoes with meat. Allow about 1 1/2 hours.
Bake Top Frost Frozen Peas, place peas in casserole, add 1 T. butter, 2 T. water. Cover and bake with meat for about 40 minutes. Serve BLUE LABEL Apple Sauce, a natural accompaniment for pork.

YOU CAN BAKE THE BEST. . .

CHERRY PIE

Pie Crust:

2 c. DAISY PASTRY FLOUR	2/3 c. shortening
1 t. salt	4 to 6 T. water

Add salt to flour. Cut shortening into flour until crumbs are about the size of small peas. Add a little water at a time, using just enough to hold pastry together. For the Best Cherry Pie ever.

Roll out pastry to fit into 8 inch pie plate. Pour 1 can TRU-MIX CHERRY PIE filling into shell. Cover with lattice or top crust and bake at 425 degrees for about 40 minutes or until crust is golden brown. Be sure it's TRU-MIX.

Looking for a bargain? Well here's one of the best buys you'll find for your food dollar--Cheese. Cheese is tops in food value. . .tops in economy. . .tops in taste appeal.

Here's a good casserole to serve for a bridge luncheon, very attractive if served with TOP FROST PEAS in center of ring. To complete luncheon add a salad.

CHEESE-CUSTARD MACARONI RING

1 c. macaroni (uncooked)	1 c. grated SHARP NEW YORK STATE CHEDDAR CHEESE
1 c. hot milk	1/3 c. pimientos, cut fine
2 T. butter	1 medium onion, chopped
1 c. bread crumbs	
2 T. chopped parsley	

2 eggs, well beaten

Cook macaroni in boiling salted water until tender. Drain and add milk, butter and bread crumbs. Let stand while grating cheese. Add remaining ingredients. Set in pan of warm water and bake at 350 degrees for 40 minutes or until firm. Unmold and fill center with TOP FROST Buttered Peas.

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A SUGGESTED MENU FOR THESE BRISK FALL DAYS

Roast Pork or Roast Fresh Ham
or Baked Pork Chops with Stuffing
Baked Potatoes Oven Baked Top Frost Green Peas
Blue Label Apple Sauce
Cherry Pie

Trudy McNall's

MENU OF THE WEEK

Prepared Especially for STAR

WATCH "HOME COOKING" • 9 A.M. • WROC-TV • Channel 5

Program 10/17/57

STAR MENU OF THE WEEK

SUNDAY SPECIAL

Baked Canned Ham with Fruit Topping
Green Beans Vinaigrette Browned Potatoes
Cabbage-Carrot Salad
Best Brownies

BAKED CANNED HAM WITH FRUIT TOPPING

For a memorable meal buy a Hi Grade Canned Ham. They weigh from 3 to 5 pounds, are already completely cooked, and can be sliced for the table after removal from can. If you wish to serve the ham hot, place it in the oven just long enough to heat the meat thoroughly. There's no waste in this ham since canned hams are boneless and have much of the fat removed. This fruit topping is spread over the top of the ham after the meat has been heated in the oven. (Consult the label on the can for length of heating time.) Be sure to use a low temperature, 300 to 325 degrees F. The basis for this fruit topping is a ripe banana. Mash the banana with a fork. . .then drain one 8 3/4 ounce of crushed pineapple and add to the banana. Stir in 2 tablespoons of defrosted orange juice concentrate and just 1 T. of flour. Mix these ingredients thoroughly and spread over top of the hot, baked ham. Stud the top of the ham with whole cloves and return the meat to the oven for 20 minutes.

GREEN BEANS VINAIGRETTE

Heat 1 can Food Club Green Beans; drain. Add 2 T. French dressing, 1 T. butter or margarine, dash of Worcestershire sauce, and dash of salt and pepper; toss lightly.

BROWNED POTATOES

Wash and pare as many potatoes as desired. Parboil 5 minutes in boiling salted water. Drain. Arrange in pan, brush generously with melted butter or margarine. Roast with ham at 325 degrees for 50 to 60 minutes or until tender, turning potatoes occasionally to brown on all sides.

CABBAGE-CARROT SALAD

2 c. shredded cabbage	1/3 c. mayonnaise
1 c. finely shredded carrots	1 T. lemon juice
2 T. grated onion	1 t. sugar

Combine all ingredients; mix thoroughly. Serve in lettuce cups. Top with additional mayonnaise if desired. Sprinkle with paprika or minced parsley. 6 servings.

BEST BROWNIES A LA MODE

1/2 c. sifted cake flour	2 1/2 squares chocolate, melted
1/2 t. baking powder	1/3 c. shortening, melted
Dash salt	3/4 t. vanilla
2 eggs	1 c. chopped nuts
1 c. sugar	

Sift flour, baking powder and salt. Beat eggs until light, add sugar and beat well. Melt chocolate and shortening together and add to first mixture. Add vanilla and sifted dry ingredients combined with nuts. Mix well. Bake in greased 8 inch square pan at 325 degrees for about 30 minutes. Cool, cut in squares.

SWISS STEAK -- FORK TENDER

2 pounds round steak	1/2 t. paprika
1/3 c. flour	1 onion, sliced
1 t. salt	2 carrots, diced
Dash pepper	2 c. canned tomatoes

Combine flour, salt, pepper and paprika. Pound well into steak. Brown well in small amount of shortening using a heavy skillet or Dutch oven; add onion, carrots and tomatoes, cover and simmer gently about 1 1/4 hours or until meat is tender. Note: If preferred, the seared meat and vegetables may be placed in a casserole, covered and baked in a slow oven at 325 degrees about 1 1/2 hours. Makes 6 servings.

AN EXTRA SPECIAL:

GLAZED APPLES

1 package strawberry-flavored gelatin	1 1/2 c. boiling water
1 package apple-flavored gelatin	1 c. cold water
	6 large red baking apples
	1 large stick cinnamon
	6 whole cloves

Dissolve 2 packages of gelatin in 1 1/2 cups boiling water. Add 1 cup cold water. Core apples. Starting at stem end, pare off a 1 inch strip of skin around each apple. Place apples, stem up, in a large skillet. Pour gelatin syrup over apples in skillet. Add spices. Place skillet over medium heat and bring to a boil. Cover; reduce heat. Simmer apples 15 minutes or until tender. Remove cover. Place skillet under broiler about 2 inches from heat. Broil apples, basting frequently, 15 minutes or until apples are glazed and lightly browned. Serve warm or cool with syrup. Use as a dessert or garnish for meat.

NOTE: t = teaspoon • T = Tablespoon • c = cup

TRUDY MC NALL'S

WROC - Television
Channel 5
Daily, Monday - Friday
9:00 to 9:30 A.M.

ROCHESTER 3, N. Y.

October 21, 1957

DEVILED PORK CHOPS

4 pork chops, about 1" thick
1/4 c. chili sauce
1 T. lemon juice
1 medium onion, minced
1 T. Nance's Mustard Supreme
1/2 t. salt
Dash pepper
1/2 c. water

Brown chops on both sides, combine remaining ingredients. Pour over chops. Simmer, covered, for 40 minutes or bake at 325 degrees for 50 to 60 minutes.

CINNAMON APPLES

1 c. sugar
3 T. red cinnamon drops
1 1/2 c. water
6 small to medium apples
12 whole cloves

Boil sugar, cinnamon drops and water together. Stir occasionally so red color will be evenly distributed. Pare and core apples. Place 2 whole cloves in each apple. Add apples to boiling sirup, reduce heat and cook slowly until apples are tender, basting frequently with sirup. Chill before serving. Note: Select small to medium apples, pretty as a garnish for pork.

CHOCOLATE SPONGE ROLL

6 T. cake flour
1/2 t. baking powder
1/4 t. salt
3/4 c. sugar
4 egg whites, stiffly beaten
4 egg yolks, beaten until thick
1 t. vanilla
2 squares unsweetened chocolate, melted

Sift flour, baking powder and salt. Beat egg whites until stiff, add sugar and beat until very stiff. Fold in egg yolks that have been beaten until thick and lemon colored. Fold in flour gradually, beat in melted and cooled chocolate gently but thoroughly. Turn into 15 x 10 inch jelly roll pan that has been greased, lined with waxed paper and again greased. Bake in hot oven 400 degrees for 13 minutes. Turn out onto cloth covered with confectioners sugar. Remove paper. Spread with Seven Minute Frosting and roll. Wrap in cloth and cool on rack. Cover with Bittersweet coating if desired.

SEVEN MINUTE FROSTING

2 egg whites
1 1/2 c. sugar
5 T. water
1 1/2 t. white corn syrup
1 t. vanilla

Combine egg whites, sugar, water and corn syrup in top of double boiler. Place over rapidly boiling water, beat constantly with rotary beater and cook 7 minutes or until frosting will stand in peaks. Remove from boiling water, add vanilla, beat until cool.

BITTERSWEET COATING

1 square unsweetened chocolate
1 t. butter

Melt chocolate and butter together. Cool slightly and pour coating carefully over chocolate roll.

October 22, 1957

MEXICANA VEAL CUTLET

6 veal cutlets, cut 1/2 inch thick
1 egg, beaten
2/3 c. fine dry bread crumbs
1/4 c. shortening
2 c. tomatoes, canned
1 1/2 t. salt
1/4 t. oregano

Dip cutlets into egg, then in bread crumbs. Brown in shortening. Pour off drippings. Add tomatoes and seasonings. Cover tightly and simmer for 60 minutes or until veal is tender. Note: Veal cutlets are serving size pieces of veal usually cut from veal round steaks.

SHREDDED CARROT AND CABBAGE
"A vegetable"

2 T. butter
2 c. carrots, shredded
2 c. cabbage, shredded
2 T. water
1 t. salt
1/8 t. pepper

Melt butter in saucepan, add carrots, cabbage, water, salt and pepper. Mix well. Cover. When steam appears, reduce heat. Cook 12 minutes. Serves 4-6.

BEST BANANA CAKE

2 c. flour
1 t. baking powder
1 t. baking soda
3/4 t. salt
1 1/3 c. sugar
1/2 c. shortening
1/2 c. sour milk
1 c. mashed bananas
1/2 c. chopped nuts
2 eggs
1 t. vanilla

Sift cake flour, baking powder, baking soda, salt and sugar. Add shortening, 1/4 c. of the milk and the mashed bananas. Mix until flour is dampened, beat 2 minutes. Add eggs, nuts, and remaining milk. Beat 1 minute. Pour into 2 greased and floured 9-inch layer cake pans. Bake at 375 degrees 25 to 30 minutes. Frost as desired.

October 23, 1957

HAM AND POTATO CASSEROLE

6 potatoes
1/4 c. flour
2 T. butter
1 can onion soup
1/2 c. milk
1 slice ham (about 1 1/2 pounds)
Salt and pepper

Peel and thinly slice potatoes, place about half of them in well buttered 2 1/2 quart casserole. Sprinkle lightly with half of flour, dot with butter. Place slice of ham over top. Cover with remaining potatoes, rest of flour, seasonings. Dot with butter. Combine soup and milk, pour over potatoes. Cover and bake at 350 degrees for 1 hour, uncover and bake about 45 minutes or until potatoes are tender.

GLAZED SQUASH

2 acorn squash
Salt--pepper
1/4 c. butter
1/2 c. brown sugar

Trim ends from squash, cut each in 3 rings; remove seeds. Bake in covered 2 quart casserole about 40 minutes or until barely tender. Remove cover, cream butter and brown sugar and spread over squash. Bake uncovered until glazed, about 20 minutes.

SCHOOL-DAY BELL RINGERS

2 eggs, well beaten
2 c. brown sugar
1 c. shortening, melted
2 c. flour
1 t. baking soda
1/2 t. baking powder
Pinch salt
4 c. quick cooking rolled oats
1 c. moist coconut
1 t. vanilla

Beat eggs well, add sugar and melted shortening. Sift flour, baking soda, baking powder and salt, add to first mixture. Stir in remaining ingredients. Form into small balls on lightly greased cookie sheet. Press flat with fork or glass. Bake at 375 degrees for 12 to 15 minutes.

October 24, 1957

A PARTY DESSERT

GRAHAM PINEAPPLE PUDDING

1/2 c. butter
1 c. sugar
5 egg yolks
1 c. crushed pineapple, well drained
5 egg whites
1 t. vanilla
1/2 pound graham crackers, crushed
1 c. chopped nuts

Cream butter and sugar, add egg yolks, one at a time, beating well after each addition. Add well drained crushed pineapple. Beat egg whites until stiff and fold into first mixture. Add vanilla. Mix together cracker crumbs and nuts. Place in alternate layers in baking dish beginning and ending with crumbs. Refrigerate 12 hours. Yield: 8 to 10 servings. Note: Nice for dessert luncheon for the girls.

October 25, 1957

Today we welcome to the program Bud Palmer from Palmer's Fish Market. Palmer's are celebrating their Centennial--100 years--providing the Rochester Area with the very best in Fish.

OVEN FRIED FISH

2 pounds fillets, steaks or portion fish
1 T. salt
1 c. milk
1 c. dry bread crumbs
1/4 c. melted butter

Cut fillets into serving-size portions. Add salt to milk. Dip fillets in milk and roll in crumbs; place in well-greased baking pan. Sprinkle each piece with melted butter. Bake in very hot oven at 500 degrees for 10 to 12 minutes or until fish flakes easily when tested with a fork. Serves 6.

DATE DREAMS

3/4 c. shortening, part butter	1 1/2 c. quick cooking rolled oats
1 c. brown sugar	3 c. cut-up dates (1 pound)
1 3/4 c. flour	1/2 c. sugar
1/2 t. baking soda	1 1/2 c. water
1 t. salt	

Cream sugar and shortening. Sift flour, soda and salt. Add to creamed mixture with rolled oats, mix well. Press half of mixture into greased 13 x 9 inch pan. To make Date Filling: Combine dates, sugar and water. Cook 10 minutes until thickened, stirring frequently. Cool. Spread date mixture over crust. Top with remaining crumb mixture, patting lightly. Bake at 400 degrees about 30 minutes or until lightly browned. Cut into squares or bars while warm and remove from pan. Makes about 3 dozen.

October 28, 1957

COUNTRY STYLE BEEF STEW

2 pounds boneless beef for stew	2 c. water
4 slices bacon	4 medium potatoes
2 t. salt	6 medium carrots
1/4 t. pepper	6 small onions
1/2 t. marjoram	2 large turnips
1 clove garlic, minced	3 T. flour

Cut bacon into 1 inch pieces. Cook until lightly browned. Remove bacon pieces and brown beef in bacon drippings. Add bacon, salt, pepper, marjoram, garlic and water. Cover tightly and cook slowly for 2 hours. Cut potatoes and carrots in half and turnips in quarters. Add vegetables and cook 45 minutes longer or until meat is tender and vegetables are done. Remove meat and vegetables to serving platter. Add water to cooking liquid to make 2 cups. Thicken liquid with flour for gravy. 6 servings.

PINEAPPLE SALAD

Top pineapple rings with a concoction of marshmallow bits and chopped nuts. Serve SALAD-MATE dressing.

CHERRY COBBLER

1 1/3 c. biscuit mix	3/4 c. milk
3/4 c. sugar	1 can TRU-MIX CHERRY or BLUEBERRY PIE FILLING
3 T. shortening	
1 egg	

Grease and flour 8 x 8 x 2 inch pan. Mix biscuit mix and sugar. Add shortening, egg and 1/4 c. of the milk. Beat vigorously for 1 minute. Stir in remaining milk and beat 1/2 minute. Pour into prepared pan. Pour contents of 1 can TRU-MIX Cherry or Blueberry pie filling over top of biscuit. Bake at 350 degrees for 35 to 40 minutes. Serve warm.

October 29, 1957

PIZZA MEAT LOAF

1 (8 ounce) can tomato sauce	1 1/2 t. salt
1/2 c. water	1/2 c. cracker crumbs
2 T. instant minced onion or 1/2 c. finely chopped raw onion	1/8 t. garlic powder or 1 minced garlic clove
2 T. finely chopped parsley	1 egg
1 t. oregano	1 1/2 pounds ground beef
1/4 t. pepper	Strips of mozzarella, Swiss or American cheese

Mix tomato sauce, water, instant minced onion, parsley and oregano. Add pepper, salt, crumbs, garlic and egg to ground beef. Mix well. Mix in half of tomato mixture. Pack into loaf pan. Spread with rest of tomato sauce. Bake at 350 degrees 1 hour. Top with cheese strips. Bake 4 to 5 minutes longer. Let loaf stand 5 to 10 minutes before slicing.

Note: Bake potatoes, frozen vegetable and a pudding with the meat loaf. Try this baked pudding.

APPLE PUDDING

1/2 c. flour	3/4 c. sugar
2 t. baking powder	1 t. vanilla
Dash salt	2 c. grated or chopped apples
2 eggs, well beaten	

1/2 c. chopped nuts

Sift flour, baking powder and salt. Beat eggs, add sugar gradually and beat well. Add vanilla. Add apples and nuts to egg mixture. Add dry ingredients and mix until blended. Pour into well buttered 8 x 12 inch pan. Bake at 350 degrees for about 50 minutes. Serve plain or with whipped cream. Delicious served slightly warm.

October 30, 1957

PORK CHOP-RICE PUDDING CASSEROLE

6 loin or rib pork chops, cut 3/4 to 1 inch thick	1/2 c. raisins
	3 c. cold water
	1/4 t. cinnamon
2 T. shortening	3 to 4 T. sugar
1 t. salt	1 t. salt
1/8 t. pepper	1 1/2 c. milk
1 c. rice	

Brown chops in shortening. Pour off drippings. Season chops with 1 t. salt and pepper. Add rice and raisins to cold water. Bring to a boil, stir, cover and simmer 15 to 18 minutes or until rice is tender and liquid is absorbed. Stir cinnamon, sugar, salt and milk into rice-raisin mixture. Pour into an 8 x 12 inch greased baking dish. Place seasoned chops on rice mixture. Cover and bake at 350 degrees 30 minutes. Uncover and continue to bake 15 minutes. 6 servings.

QUICK NUT BREAD

2 c. flour	3/4 c. chopped nuts
3 t. baking powder	1 egg, beaten
3/4 t. salt	1 c. milk
1/2 c. sugar	3 T. melted shortening

Line bottom of a 5 x 9 inch loaf pan with waxed paper. Sift flour, baking powder, salt and sugar together. Add nuts. Combine egg, milk and shortening. Add to dry ingredients. Stir only until flour is moistened. Pour into loaf pan and bake in a moderate oven 350 degrees for 1 hour. Makes 1 loaf.

OLD FASHIONED MOLASSES DROP CAKES

2 1/4 c. sifted flour	1/4 t. salt
1 t. soda	1/2 c. shortening
2 t. baking powder	1/2 c. sugar
1 t. ginger	1 egg
1 t. cinnamon	1/2 c. molasses

1/2 c. water

Sift flour, soda, baking powder, ginger, cinnamon and salt. Cream shortening and sugar. Add egg; mix well. Combine molasses and water. Add alternately with dry ingredients to creamed mixture. Drop by tablespoon on ungreased cookie sheet. Bake at 375 degrees 8 to 10 minutes. Store in closely covered container. Makes 3 1/2 to 4 dozen.

Suggested Menu: Pork Chop-Rice Pudding Casserole, Broccoli, Hearts of Lettuce Salad, Quick Nut Bread, Molasses Cakes.

October 31, 1957

ORANGE DONUT BALLS

2 c. flour	1/4 c. water
3 t. baking powder	1/2 c. sugar
1/2 t. salt	2 T. grated orange rind
1 t. nutmeg	1/2 t. vanilla
1 t. cinnamon	1 egg
1/4 c. shortening	1/4 c. confectioners sugar
1/3 c. Evaporated milk	

1/2 t. cinnamon

Grease well 18 2 1/2 inch muffin cups. Sift flour, baking powder, salt, nutmeg and cinnamon. Add shortening and evaporated milk, water, sugar, grated orange rind, vanilla and egg all at once to flour mixture. Beat hard for 2 minutes. Spoon into greased muffin cups filling only 1/2 full. Bake at 400 degrees for 15 to 20 minutes. Shake hot donut balls, a few at a time, in a paper bag with confectioners sugar and cinnamon. Makes 1 1/2 dozen.

November 1, 1957

ITALIAN SPAGHETTI

(from October Better Homes and Gardens)

1/2 c. onion slices	1--6 ounce can (2/3 c.) tomato paste
2 T. salad oil	
1 pound ground beef	1/4 c. chopped parsley
2 cloves garlic, minced	1 1/2 t. oregano or sage
1--3 ounce can (2/3 cup) broiled sliced mushrooms	1 t. salt
	1/2 t. monosodium glutamate
2--1 pound cans (4 cups) tomatoes	1/4 t. thyme
	Dash pepper
2--8 ounce cans (2 cups) seasoned tomato sauce	1 bay leaf
	1 c. water
	Cooked spaghetti

In large skillet, cook onion in hot oil till it is almost tender but not brown. Add the ground beef and garlic; brown lightly. Add sliced mushrooms (with liquid). Stir in remaining ingredients except spaghetti. Simmer, uncovered, 2 to 2 1/2 hours or till thick. Remove bay leaf. Serve over hot spaghetti. Pass bowl of grated Parmesan cheese. Makes 6 servings.

To cook spaghetti: Cook one 8 ounce package long spaghetti in boiling salted water (about 1 T. salt to 3 quarts water) till tender but still firm. Drain. Rinse in hot water if desired.

To keep spaghetti hot: Place spaghetti in colander and set over pan containing small amount of boiling water. Coat with 3 to 4 T. butter to keep strands from sticking together. Cover colander.

APPLE CUSTARD PIE

5 large cooking apples	1 c. milk
2 eggs	9 inch unbaked pie shell
1/2 c. sugar	1 t. butter
1/2 t. salt	1/2 pint whipping cream
1/2 t. cinnamon	Sugar to taste

Peel apples and grate them. Beat eggs well; stir in 1/2 c. sugar, salt and cinnamon. Stir in milk and grated apples. Turn into pastry shell and dot with butter. Bake at 425 degrees for 10 minutes, reduce temperature to 350 degrees for 25 to 30 minutes or until custard is set. DO NOT OVER-BAKE. Cool. Whip cream, add sugar to taste. Spoon over wedges of pie.

Trudy McNall's

MENU OF THE WEEK

Prepared Especially for STAR

WATCH "HOME COOKING" • 9 A.M. • WROC-TV • Channel 5

Program 10/24/57

Trudy McNall's STAR MENU OF THE WEEK

MENU -- "COMPANY'S COMIN"

Oven Fried Chicken with Gravy
Sweet Potatoes in Orange Cups Oven Baked Vegetable
Festive Cranberry Salad
Pumpkin Ice Cream Tarts

* * * * *

OVEN FRIED CHICKEN WITH GRAVY

1 or 2 frying chickens or your favorite parts	1/2 t. paprika
1 c. flour	1/2 t. pepper
2 t. salt	1 medium onion, chopped
	1 can cream of chicken soup

Fat for frying (about 1/2 c.)

Place fat in heavy skillet and heat until hot. Have chicken cut into serving pieces. Combine salt, pepper and paprika. Coat chicken with flour mixture. Brown slowly in hot fat, then remove from skillet. Remove all but about 2 T. of fat. Saute onion in fat until lightly browned. Add cream of chicken soup and heat until hot. Pour into shallow casserole, arrange browned chicken on top of gravy. Bake, uncovered, at 400 degrees for 45 to 50 minutes.

SWEET POTATOES IN ORANGE CUPS

Wash thoroughly 6 medium-sized sweet potatoes. Cook them in a covered saucepan in a small amount of water until tender. Remove skins and mash well. Add 2 T. butter and enough orange juice to make a nice moist fluffy potato. Fill orange cups by piling mixture high or using a pastry tube. Decorate top with a maraschino cherry. Keep hot in oven with chicken until ready to serve.

OVEN BAKED TOP FROST FROZEN VEGETABLE

Place desired frozen vegetable (peas, beans, broccoli, asparagus, lima beans) in casserole, add salt and pepper to taste and 1 T. butter for each package. Add 2 T. water. Cover and bake with chicken for 45 to 50 minutes.

FESTIVE CRANBERRY SALAD (Party Pretty)

1 package strawberry flavored gelatin	2 medium apples, ground
1 c. boiling water	3/4 c. sugar
	Lettuce

1 lb. fresh cranberries, coarsely ground

Dissolve gelatin in boiling water. Chill until partially set. Mix ground cranberries and apples with the sugar and fold it into partially set gelatin. Pour into 6 to 8 individual molds or into 1 quart mold. Chill until firm. Unmold on lettuce leaves.

PUMPKIN ICE CREAM TARTS

1 c. canned pumpkin	1/2 t. cinnamon
1/2 c. brown sugar	1/2 t. ginger
1/2 t. salt	1/4 t. nutmeg

1 quart TOP FROST Vanilla Ice Cream

Combine pumpkin, brown sugar, salt and spices. Stir ice cream to soften, then fold into pumpkin mixture. Spoon into graham cracker or plain pastry shells. Freeze firm. Garnish each with walnut half and whipped cream. Yield: 6--4 inch tarts.

GRAHAM CRACKER CRUST

Combine 1 1/4 c. (18 graham crackers) graham cracker crumbs with 1/4 c. sugar and 1/2 c. melted butter. Press firmly into buttered tart pans. Chill about 30 minutes in refrigerator before pouring in filling. Freeze firm, then wrap in cellophane or other freezer paper until serving time. When ready to serve, remove from freezer and let stand at room temperature about 15 minutes before serving.

Trudy McNall's

MENU OF THE WEEK

Prepared Especially for STAR

WATCH "HOME COOKING" • 9 A.M. • WROC-TV • Channel 5

STAR MENU OF THE WEEK

Program October 31, 1957

Featuring Halloween Ideas

BAKED COOKED HAM

Place ham fat side up on a rack in a shallow uncovered roasting pan. Bake in a slow oven 325 degrees 15 minutes per pound. 1/2 hour before baking time is up, remove rind and score fat. Spread with following glaze: 1/2 c. brown sugar and 3 tablespoons Nance's Mustard Supreme.

UPSIDE DOWN HAM LOAF
(Using leftover ham)

2 tablespoons butter
1/4 cup brown sugar
4 pineapple slices
Whole cloves
2 tablespoons minced onion
4 cups cooked ham, ground
1 teaspoon Nance's Mustard Supreme
1 cup bread crumbs
1/2 cup pineapple juice
2 eggs, slightly beaten
Dash cayenne pepper

Melt butter in bottom of loaf pan or casserole; sprinkle with brown sugar. Stud pineapple slices (cut in half) with whole cloves. Arrange clove side down on top of the sugar. Combine remaining ingredients; pack into pan or casserole on top of pineapple. Bake covered at 375 degrees about 30 minutes. Turn out upside down on hot platter. Makes 6 to 8 servings. Note: Use aluminum foil to cover loaf pan.

STEWED CHICKEN AND NOODLES

1 stewing chicken
4 cups boiling water
2 teaspoons salt
1 onion, sliced
1/8 teaspoon pepper
1 package noodles (1/2 pound)
Herb Bouquet

Cut chicken into serving pieces. Place in kettle, cover with boiling water. Add salt, onion, pepper and herb bouquet. (An herb bouquet consists of some celery tops, a piece of bay leaf, 1 carrot cut in fine cubes, 1 sprig parsley, all tied loosely in piece of cheese cloth so it can easily be removed.) Cover and simmer 2 1/2 to 3 hours or until chicken is tender. About 15 minutes before serving time remove herb bouquet, add noodles, simmer until tender. Place chicken on hot platter, surround with noodles. Pour the remaining liquid over all. Serves 4 to 5.

SALAD PUMPKINS

2 tablespoons unflavored gelatin
1/2 cup cold water
1 1/2 cups pineapple juice
1/3 cup lemon juice
1 cup orange juice
1 teaspoon salt
4 cups grated raw carrot
1 cup orange pulp, cut in coarse pieces
Green pepper strips

Soften gelatin in cold water; stir over boiling water until dissolved. Add fruit juices and salt, chill until partially set. Fold in grated carrot and orange pulp. Turn into individual molds. Chill until firm. Unmold on lettuce leaves and insert strips of green pepper in the top to resemble pumpkin stems. Makes 10 to 12 servings.

HALLOWEEN IDEAS

Party Refreshments: Jack O'Lantern Cookies and Cider or Root Beer or Ginger Ale Floats (Ginger Ale or Root Beer with scoop of Ice Cream).

JACK O'LANTERN COOKIES

Buy Dawn Sugar Cookies, ice with confectioners frosting, tinted orange. Decorate cookie with raisins for eyes, candy corn for nose and chocolate bits for mouth or bits of cherry. Another idea is to melt chocolate bits over warm water and paint faces on cookies with tooth picks or small paint brush.

ICE CREAM WITCHES

Place a scoop of TOP FROST Vanilla Ice Cream on top of a DAWN Sugar Cookie. Make witch's face as follows: chocolate chips for eyes, candy corn for nose and portion of gumdrop for mouth, shredded coconut tinted with food coloring for hair. Place ice cream cone on top for witch's hat. (Ice cream faces may be decorated in advance and kept in freezer until used.)

Suggested menu to serve with baked ham, ham loaf or stewed chicken: Add a green vegetable, au gratin potatoes to serve with ham, chicken needs no additional potato because of noodles. Salad Pumpkins, Ice Cream Witches and Beverage. If desired, pass hot chocolate sauce to serve with Ice Cream Witches. Ice cream one itself is eaten like a cookie and sauce poured over ball of ice cream as a sundae.

TRUDY MC NALL'S

WROC - Television
Channel 5
Daily, Monday - Friday
9:00 to 9:30 A.M.

ROCHESTER 3, N. Y.

November 4, 1957

GROUND BEEF ROAST

1 1/2 pounds ground beef	Pepper to taste
4 slices bread	1/2 t. seasoned salt
1/2 c. milk	1/2 lemon, sliced very thin
1/3 c. chopped parsley	1 green pepper, sliced crosswise
1 T. melted butter or margarine	1 large onion, sliced thin
1 egg	3/4 c. ketchup
1 t. salt	1/4 c. water
1 T. butter	

Combine meat with bread that has been soaked in milk. Mix in parsley, butter, beaten egg and seasonings. Pat meat into a greased baking dish having meat about 1 inch thick. Cover top evenly with the lemon slices, green pepper rings and onions separated into rings. Mix ketchup and water and pour over top. Dot with butter. Bake at 350 degrees for 60 minutes. 6 servings.

CHEESED ONION BAKE

6 medium onions, sliced thin	2 c. milk
1/4 c. butter or margarine	1/2 t. salt
1/4 c. flour	2 c. shredded process American cheese (1/2 pound)

Place onion rings in ungreased 1 1/2 quart casserole. Melt butter in saucepan; blend in flour. Gradually stir in milk. Cook, stirring constantly until thickened. Stir in salt and cheese. Pour over onions. Bake uncovered at 350 degrees for 1 hour. 6 servings.

MOLASSES ORANGE SQUARES

1 3/4 c. sifted flour	1/3 c. shortening
1 t. baking powder	2 eggs
1/2 t. soda	1 T. grated orange rind
1/2 t. salt	1 t. vanilla
1/2 c. sugar	1/3 c. sugar
1/2 c. milk	2 T. grated orange rind
1/2 c. molasses	Whipped cream, optional

Sift flour, baking powder, soda and salt. Add sugar, milk, molasses, shortening, eggs, 1 T. grated orange rind and vanilla. Beat for 2 minutes. Turn into well greased and floured 13 x 9 x 2 inch pan. Combine the 1/3 c. sugar and the 2 T. grated orange rind; sprinkle over batter. Bake at 350 degrees for 30 to 35 minutes. Serve with whipped cream if desired.

Note: Bake meat, vegetable and dessert in oven at same time.

November 5, 1957

SPANISH RICE

1 pound ground beef	1/2 bay leaf
1 c. regular rice	1 1/2 t. salt
1/4 c. salad oil	3 c. hot water
1/8 t. garlic powder	1 green pepper, cut into strips
1/4 c. chopped celery	1 t. chili powder
2 c. cooked tomatoes	1--10 1/2 ounce can beef bouillon
1 small can tomato paste	

Pan fry ground beef in small amount of fat until lightly browned. Add green pepper, stir until lightly browned. Add chili powder and beef bouillon. Heat oil in skillet, stir in rice and keep stirring to brown the grains. Add garlic salt and celery. Pour in tomatoes, tomato paste, and salt mixed with hot water. Stir well. Cover, when mixture boils reduce heat to simmer, cook 10 minutes. Add rice to meat mixture and simmer 25 to 30 minutes. Stir frequently, but gently with a fork to prevent sticking. Don't hurry cooking for flavor improves with slow cooking. Excellent reheated. Serves 4 to 5.

BLUEBERRY PANDOWDY

1 can TRU-MIX BLUEBERRY Pie Filling	1/2 t. salt
2 c. sifted DAISY PASTRY FLOUR	1/4 c. sugar
3 t. baking powder	1/3 c. shortening
	1 egg
	1/3 c. milk, about

Sift flour, baking powder, salt and sugar. Cut in shortening with pastry blender until mixture resembles coarse corn meal. Stirring it with a fork, add combined egg and milk to make a soft dough. Roll dough about 1/4 inch thick to fit baking dish. Pour TRU-MIX Blueberry (or Cherry) pie filling into 8 or 9 inch square pan or 8 inch round baking dish 2" deep. Place dough on top of fruit. Bake at 400 degrees for 25 to 30 minutes. Serve warm with top milk or light cream.

November 6, 1957

OVEN FRIED CHICKEN BISQUICK

from: Mrs. R. H. Fairbank, Rochester, N.Y.

1 frying chicken, cut up	2 t. paprika
1 c. Bisquick	1/4 t. pepper
2 t. salt	1/4 c. butter
1/4 c. shortening	

Coat chicken well in mixture of Bisquick and seasonings. Melt shortening in shallow pan 9 x 13 x 2 inches. Place chicken skin side down in hot but not too brown fat and bake for 45 minutes at 425 degrees. Turn for 10 minutes to dry so chicken will be more crusty. Last 10 minutes, Bisquick biscuits may be placed around chicken to bake.

MRS. FAIRBANK'S CRANBERRY TROPIC RELISH

4 c. fresh cranberries	2 c. sugar
1 lemon, quartered and seeded	1 c. pineapple, fresh, frozen or canned, cut in small pieces

Pick over cranberries, wash and drain. Put cranberries and lemon quarters through meat grinder and into bowl. Add sugar and mix well. Stir in pineapple. Chill in refrigerator several hours to blend flavors.

CHOCOLATE CRUNCH CAKE

(A chocolate-lover's special with an easy baked on topping.)

1/2 c. butter or margarine	1/2 t. salt
1 c. sugar	2 t. instant coffee
2 eggs	1 c. milk
1 3/4 c. sifted flour	1 t. vanilla
1/4 c. cocoa	1 (6 oz.) package semi-sweet chocolate bits
1 t. soda	1/4 c. chopped nuts

Cream butter and sugar, add eggs and beat until mixture is light and fluffy. Sift dry ingredients and add alternately with milk and vanilla to creamed mixture. Pour into greased and floured 9 inch square pan. Sprinkle chocolate bits and nutmeats over top. Bake at 375 degrees for about 45 minutes. Before cake is completely cold, sprinkle with confectioners sugar. Note: Have you bought any of the miniature chocolate bits from ATLANTIC SUPPLY? Wonderful for cookies and this cake.

November 7, 1957

THURSDAY IS STAR SUPER MARKET DAY. Shop at your nearest STAR SUPER MARKET for the best in food. Don't forget to ask for Trudy McNall's Special Menu of the Week--prepared exclusively for STAR MARKETS.

November 8, 1957

HUNGARIAN PORK AND SAUERKRAUT

2 pounds pork shoulder, cut in 2-inch pieces	2 T. flour
1 medium onion, chopped	2 c. hot water
1 t. salt	4 1/2 c. (3 pounds) sauerkraut, drained
1/2 t. pepper	1 1/2 c. rich milk
	1/2 t. paprika

Brown pork shoulder slowly in heavy skillet or Dutch oven. Stir in onion, salt and pepper and flour. Gradually stir in water. Cover and cook over low heat for 60 minutes. Add remaining ingredients and continue cooking for 45 minutes. Serve hot with pork centered on top of sauerkraut. 8 servings.

CHEESE STRAWS

(A wonderful way to use your cookie press. . . a crispy, cheesy cracker to serve with soups, salads and the like.)

1 1/2 c. flour	Dash cayenne pepper
1/2 c. butter (1/4 pound)	1/8 t. paprika
1/2 pound grated cheese	1/2 t. salt
	1/2 t. baking powder

Cream butter and cheese. Add flour which has been sifted with dry ingredients. Put into cookie press and make into desired shape. Bake at 350 degrees for 15 minutes until they are crisp but not brown. If you use the flat, toothed cookie form and make crackers 2 1/2 to 3" long you will get about 5 dozen cookies.

GINGER CREAMS

1/4 c. shortening	1/2 t. soda
1/2 c. brown sugar	1 t. ginger
1 egg	1/2 t. nutmeg
1/2 c. molasses	1/2 t. cloves
2 1/4 c. sifted flour	1/2 t. cinnamon
1/2 t. salt	1/2 c. hot water

Cream shortening and sugar, add egg and beat until light and fluffy. Blend in molasses. Sift dry ingredients together, add alternately with water to molasses mixture. Chill dough well. Drop by tablespoonfuls onto lightly greased cookie sheet. Bake at 400 degrees for 8 to 9 minutes. While cookies are still slightly warm frost with Cream Icing. Makes 2 dozen. CREAM ICING: Blend 1 1/2 c. confectioners sugar with 2 T. butter, adding cream to make a desirable spreading consistency.

November 11, 1957

ROLLED ROAST OF BEEF WITH YORKSHIRE PUDDING

This cut of meat is the rib roast, comes boned and tied in roll. Place fat side up on a rack in shallow roasting pan--the melting fat will baste the meat automatically. Roast at 325 degrees. Use a meat thermometer--that's the only sure way to tell when roast is done to your liking. DON'T ADD WATER, DON'T COVER. Roast until meat thermometer registers 140 degrees for rare, 160 degrees for medium, 170 degrees for well done. Approximate cooking time for roasts as follows: For example, take a 6 pound roast. Roast 3 hours for rare, 3 1/2 hours for medium, 4 hours for well done.

YORKSHIRE PUDDING

Yorkshire Pudding is a favorite English accompaniment with roast beef. It is a thin batter like Popovers baked in the meat drippings, cut into squares and served hot with the roast.

1 c. sifted flour	2 eggs
1 t. salt	1 c. milk

Combine flour and salt in a 1 quart bowl. Beat eggs well, then beat in milk. Pour this into the flour and continue beating until the thin batter is smooth. Pour about 1/3 c. of the meat drippings from roasting pan into an 8 x 8 x 2 inch pan or into 6 deep muffin pans. Heat the pan in the oven. Add pudding batter and bake at 400 degrees for about 30 minutes.

BROWNED POTATOES

60 minutes before roast is done, pare and parboil as many potatoes as desired. Boil for 15 minutes. Drain well. Place the hot potatoes in the meat drippings around the meat (it may be necessary to remove meat from rack). Turn potatoes over using tongs to coat well with fat. Finish cooking with the roast about 45 minutes. Salt lightly before serving.

GLAZED SQUASH (Acorn or Table Queen)

Cut Acorn Squash in half, Table Queen Squash into serving wedges. Scrape out seeds and fibers. Sprinkle with salt. Brush with melted butter. Place cut side down on lightly greased baking dish or cookie sheet. Bake at 400 degrees (with pudding) for 30 to 45 minutes or until soft. Turn cut side up. Put 1/2 t. butter in each, sprinkle with a little brown sugar and bake until sugar melts.

PUMPKIN BANANA CREAM PIE

(Easy to make--you combine packaged banana cream pudding with pumpkin.)

1 c. canned pumpkin	1 package INSTANT banana cream pudding
1/2 t. cinnamon	8 inch baked pie shell
1/8 t. nutmeg	Whipped cream and nut meats (optional)
1/4 t. salt	
1/4 t. soda	
1 1/2 c. light cream	

Combine pumpkin, spices, salt and soda. Gradually stir in cream until well blended. Add the pudding and beat with rotary beater until well mixed, about 1 minute. Pour into pie shell. Chill before serving. Garnish with whipped cream and nuts if desired. Note: For interesting variation slice one ripe banana into pie shell before pouring in filling.

November 12, 1957

BAKED LAMB CHOPS WITH CARROTS

6 shoulder lamb chops	2 c. diced, cooked carrots
1 clove garlic	4 T. flour
Salt and pepper	4 T. chili sauce
2 T. shortening	1/2 c. white cooking wine or water
2 medium onions, chopped	

Rub chops with peeled clove of garlic, season to taste with salt and pepper. Brown on both sides in shortening. Transfer chops to baking dish. Saute onions in skillet in which chops were browned. Add carrots, sprinkle with flour, add chili sauce and wine or water and cook until thickened. Place spoonful of mixture on top of each chop. Bake uncovered at 350 degrees for 45 to 50 minutes.

Note: Have you tried NANCE'S PINEAPPLE MINT SAUCE? Made by same folks who give you NANCE'S MUSTARD SUPREME. It's delicious as an accompaniment to meat, especially lamb. Wonderful as a dessert sauce, too.

Have you ever tried Peanut Butter Brownies? Use your favorite brownie recipe or one of the mixes on the market. Add 2 T. of peanut butter and 1/2 c. shredded coconut to the batter before baking.

DELICIOUS DATE BARS

1 c. DAISY PASTRY FLOUR	2 eggs, well beaten
1 t. baking powder	1 t. vanilla
1/2 t. salt	1 c. cut-up dates
2 c. brown sugar	1/2 c. chopped nuts

Sift flour, baking powder and salt. Add remaining ingredients and mix well. Pour into greased and floured 7 1/2 x 11 1/2 inch pan. Bake at 350 degrees for 20 minutes or until lightly browned. Cool slightly, cut into bars. Makes 24.

November 13, 1957

BAKED PORK CHOPS AND RICE

6 pork chops, rib or loin	1 T. onion, chopped
1 t. salt	1/8 t. garlic powder
1/8 t. pepper	1 can (8 oz.) tomato sauce
1 c. rice, white or brown	1 1/2 c. water
2 T. shortening or salad oil	1/2 c. shredded cheese
	1/2 t. salt
	1/4 t. pepper

Season pork chops with salt and pepper and brown slightly on both sides. Mix together rice, shortening, onion, garlic powder, tomato sauce, water, cheese, salt and pepper and turn into greased baking dish. Arrange pork chops on top, cover and bake at 350 degrees for 1 hour and 15 minutes or until chops are fork tender.

BLACK WALNUT CAKE

1 c. whipping cream	1 t. vanilla
2 eggs, slightly beaten	1 1/2 c. sifted flour
1 c. sugar	1/4 t. salt
1 c. black walnuts, chopped	2 t. baking powder

Whip cream until stiff. Add eggs and beat until light as foam. Add sugar a tablespoon at a time while eggs and cream are being beaten. Mix sifted dry ingredients and nuts, fold gently into the mixture. Add vanilla. Pour into 2 greased and floured 8 inch layer cake pans and bake at 375 degrees for 30 minutes. When cool, put layers together with caramel filling and ice with 7-minute brown sugar frosting.

Caramel Filling:

1 1/2 c. brown sugar	3 T. cornstarch
1 T. butter	1 c. milk

1 1/2 t. vanilla

Cook together until thick, stirring constantly. Remove from heat and beat vigorously until stiff and smooth. Cool.

Note: See recipes for Sept. 30, 1957 for Seafoam 7-Minute Frosting for cake.

November 14, 1957

Shop today at your favorite STAR SUPER MARKET. Don't forget to ask for special recipes prepared exclusively for STAR MARKETS—also demonstrated on "HOME COOKING" today.

November 15, 1957

SCALLOPED TUNA FISH

1 c. bouillon	3 T. flour
1/2 bay leaf	1 c. milk
1 T. grated onion	Salt and pepper
4 peppercorns	2 egg yolks, slightly beaten
3 T. butter	
2 T. green pepper	2 c. tuna fish or salmon

Buttered bread rounds

Combine bouillon, bay leaf, onion and peppercorns. Simmer 5 minutes, strain. Melt butter; add green pepper and saute for several minutes, stir in flour. Slowly add strained stock and milk. Cook, stirring constantly until thickened. Season to taste. Add a little of the hot sauce to the slightly beaten egg yolks; slowly add to remaining sauce and stir over very low heat for 2 or 3 minutes. Flake fish coarsely and place in well-buttered casserole. Add sauce. Arrange overlapping rounds of buttered bread in a circle around edge of casserole. Bake at 375 degrees about 25 minutes or until brown. 6 servings.

BAKED BANANAS

Grease outside of fully ripe bananas with shortening. Place on baking dish and bake at 350 to 375 degrees for about 20 minutes or until skins are darkened, almost black and soft to the touch. Serve them in the skins. Try to break the banana off the stem so there is no opening at the top otherwise some of the juice will run away. Use Baked Bananas in place of potatoes as a vegetable. Unusual and I think unusually good and different. Some people serve these with cream as a dessert.

RUTH BROUGHTON'S CHOCOLATE CAKE

2/3 c. shortening	1 1/4 t. baking soda
1 2/3 c. sugar	3/4 t. baking powder
3 eggs	1 t. salt
3 squares chocolate melted in 2/3 c. boiling water	2 c. flour
	2/3 c. buttermilk

Cream shortening and sugar, add eggs and mix well. Add melted and cooled chocolate and water mixture. Sift baking powder, soda, flour and salt. Add alternately with buttermilk to first mixture. Bake in 2 greased and floured 10 inch layer cake pans at 350 degrees for 30 to 35 minutes. Cool. Frost as desired.

WE ARE VERY PROUD OF OUR YOUNGSTOWN TAPPAN KITCHEN. Weider Plumbing will be glad to talk with you about your kitchen problems without obligation, located at 495 Clinton Ave. South, Rochester, N.Y.

Trudy McNall's

MENU OF THE WEEK

Prepared Especially for STAR

WATCH "HOME COOKING" • 9 A.M. • WROC-TV • Channel 5

Program 11/7/57

STAR MENU OF THE WEEK
Featuring a Party Chicken Idea. . .An Easy Elegant Dessert. . .How to Cook Bacon. . .and Other Tips

SUGGESTED MENU: Stuffed Breast of Chicken, Buttered Top Frost Frozen Asparagus Spears, A Spiced Crabapple and a Sprig of Parsley on the Plate for Color. Assorted Relishes, Celery, Radishes, Carrot Sticks. Brown-and-Serve Rolls. Frozen Strawberry Shortcake. Beverage.

BAKED STUFFED BREAST OF CHICKEN

4 medium chicken breasts
1/4 c. flour
1/8 t. pepper
1/2 t. salt
1/4 t. paprika
1/2 c. melted butter

Stuffing:

2 c. stale bread crumbs
1/4 c. chopped onion
1/2 t. salt
1/4 t. sage or poultry seasoning
3 T. melted butter
1/4 c. hot water (about)

Split chicken breasts and remove as many bones as possible. Combine flour and seasonings, roll outsides of breasts in mixture. Fill cavity with stuffing. To make stuffing, saute onion in butter, add remaining ingredients. To hold stuffing in place tie each breast loosely with string or fasten with toothpicks or metal skewer. Brush with melted butter. Bake uncovered at 325 degrees for 45 minutes, turn, bake 45 minutes longer or until tender. Baste occasionally with butter. Sprinkle with chopped parsley. Serve if desired with mushroom sauce.

MUSHROOM SAUCE

1/2 pound mushrooms, sliced
1/4 c. chopped onions
3 T. butter
1/2 t. salt
1 1/2 T. flour
1/2 c. milk
1/2 c. light cream
Dash pepper
Paprika

Saute mushrooms and onions in butter until mushrooms are tender. Cover and simmer about 5 minutes. Add flour and mix well. Gradually stir in milk and cream. Cook, stirring constantly, until thickened. Add seasonings. Pour over chicken just before serving and sprinkle with paprika.

Note: Chicken may be roasted this way without stuffing if desired. Reduce baking time to 50 to 60 minutes.

BAKED BACON (Star Special Cudahy Cold Coin)

This is an excellent method for cooking half a pound or more. It is not necessary to turn the bacon. Place separated slices on a rack set in a baking pan. Bake in a hot oven 400 degrees about 10 minutes. Leftover bacon may be reheated in a 350 degree oven for about 5 minutes. Use crumbled leftover bacon in scrambled eggs, muffins, waffles, baking powder biscuits, lettuce or potato salad, or in macaroni or rice dishes. Also excellent as sandwich fillers combined with peanut butter, sliced tomatoes, chicken, veal or hard-cooked eggs.

HOW TO STORE BACON: Keep bacon covered in the refrigerator. Use within a week.

FROZEN STRAWBERRY SHORTCAKE

Slices of angel, lemon angel or pound cake
TOP FROST FROZEN STRAWBERRIES
1 c. heavy cream
Sugar to taste
Dash salt

Arrange slices of cake in freezing trays. Pour partially thawed strawberries over cake. Whip cream until barely thick (do not overbeat). Add 1 or 2 T. sugar and a dash of salt. Pour over strawberries. Freeze 2 to 3 hours. To serve, allow to stand at room temperature for about 10 minutes. Cut into squares.

Note: Dawn Angel, Lemon Angel, and Pound Cakes at Star Bakery Counters.

A GOOD IDEA: Buy TOP FROST VANILLA ICE CREAM. Make sundaes for the freezer. Stir ice cream just enough to soften. Spoon into waxed paper containers, making indentation in center. Spoon frozen strawberries (TOP FROST) into center. If desired flute around edge of container, using slightly sweetened whipped cream put through a pastry tube. Freeze firm. Wrap in cellophane or place in individual freezer bags.

WROC - Television
Channel 5

TRUDY McNALL'S
HOME COOKING RECIPES

November 18 - 29, 1957

Weekdays
9:00 to 9:30 A.M.

November 18, 1957

GETTING READY FOR THE HOLIDAYS. . .

DARK FRUIT CAKE

- 1/4 c. fruit juice
- 1/2 pound diced candied fruit
- 1 1/2 pounds seedless raisins
- 1 pound sultana raisins
- 1/4 pound candied citron, diced
- 1 candied lemon peel, diced
- 1 candied orange peel, diced
- 1/4 pound whole candied cherries
- 1/4 pound pitted dates, cut up
- 2 pieces each red, green, white candied pineapple, diced
- 1 c. butter
- 1 1/2 c. sugar
- 6 eggs, well beaten
- 1/2 c. molasses
- 1 c. milk
- 3 1/2 c. flour
- 1/2 t. soda
- 2 t. baking powder
- 1 t. cinnamon
- 1 t. cloves
- 1 t. nutmeg

Prepare the fruit and soak it in the fruit juice while preparing the batter. Cream the butter and sugar, add well beaten eggs. Add molasses, then the sifted dry ingredients and the milk alternately. Add the fruit. Pour the batter into waxed paper lined pans which have been greased, lined with waxed paper and greased again. Bake at 250 degrees for 3 hours. Remove from pan immediately. Cool on cake racks. Store in a covered container. Makes 3 cakes 9 1/4 x 3 1/4 x 2 3/4.

WHITE FRUIT CAKE

3 loaf pans, 9 1/4 x 3 1/4 x 2 3/4
250° oven, 2 hours

- 1/4 c. fruit juice
- 1/2 pound candied citron, diced
- 1/2 pound whole candied cherries
- 3/4 pound candied orange and lemon peel, diced
- 2 pounds white raisins
- 3/4 candied pineapple, chopped
- 1 pound butter
- 1 pound sugar
- 10 eggs
- 4 c. flour
- 1 1/2 pounds whole pecans

Prepare the fruit and soak in the fruit juice while preparing the rest of the batter. Cream butter and sugar. Add one egg at a time beating well after each addition. Add flour and mix well. Add nuts and fruit. Pour into 3 pans that have been greased, lined with waxed paper and greased again. Bake at 250 degrees for 2 hours. Remove from pans immediately, cool on cake racks, store in covered containers.

More Important Information: After baking cakes, wrap them tightly in waxed paper, then in aluminum foil. Store in a tightly covered container. When you're ready to give the cakes or serve them yourself, unpack and decorate them.

DECORATING: First glaze the tops with hot corn syrup mixture. Make this by combining equal parts of water and light corn syrup. After glazing the tops of the cakes, decorate with candied cherries and almonds or other nuts. Here's where you can use your originality and decorate to suit your taste. Make-believe flowers are attractive and easy. A candied cherry forms the center and almonds are used for petals, a piece of citron for leaves and stem if desired. You'll think up many pretty designs once you get started. When you have finished putting cherries and nuts on the cakes, glaze again with the hot corn syrup mixture. Now the cakes are ready for serving or giving as handsome presents. . .

A HELPFUL HINT: If you chill fruit cake before serving it will slice easily.

November 19, 1957

Bake a variety of rolls and breads now for the coming Holidays. Freeze until ready to serve.

BASIC SWEET DOUGH

- 1 c. milk, scalded
- 1/4 c. shortening
- 1/2 c. sugar
- 2 t. salt
- 4 3/4 c. flour
- 1 t. grated lemon rind
- 2 cakes compressed yeast or 2 packages active dry
- 1/4 c. lukewarm water
- 2 well-beaten eggs

Combine milk, shortening, sugar and salt. Cool to lukewarm. Stir in 2 c. flour, and lemon rind; beat until smooth. Add yeast softened in lukewarm water. Add eggs; mix well. Add rest of flour; mix to make a soft dough. Knead on lightly floured surface about 6 minutes until smooth and elastic. Place in greased bowl; cover with a clean towel. Let rise in warm place until double. Punch down. ALL SET FOR THESE PRETTY VARIATIONS.

1. POINSETTIA COFFEE CAKE: Use 1/2 recipe Basic Sweet Dough for each poinsettia. Roll 1/2 inch thick on lightly floured surface to form rectangle 16 x 12 inches. Brush with melted butter or margarine. Mix 3 T. sugar with 1/2 c. mixed candied fruits or cherries, sprinkle over dough. Roll as for jelly roll; seal edge. With a sharp knife, snip off ends; cut roll diagonally in nine 1/2 inch pieces. Reserve end pieces for center of the poinsettia. Place slices, cut side down, on greased baking sheet. Arrange in a circle, pointed ends out, each slice overlapping slightly. Put end pieces in center. Cover. Let rise until double. Bake at 350 degrees 25 minutes. When slightly cool, glaze with confectioners sugar frosting and decorate center with grated orange rind.

2. SUGARPLUM TREE: Use 1/4 recipe Basic Sweet Dough for each tree. Divide into 4 equal parts. Roll each part into long strand 1/2 inch thick. Brush with melted butter. On a piece of waxed paper mix 1/3 c. sugar and 2 t. grated orange rind. Spread evenly on paper and roll each long strand in mixture. Twist each strand; then pinch the four strands together to make one long strand. On a greased baking sheet draw a triangular outline of a tree 8 inches tall and 6 inches at base. Starting at tip of tree, swirl dough back and forth making a tree. Twist a small piece of dough to make a 2 inch trunk. Cover and let rise until double. Bake at 350 degrees for 25 minutes. Decorate with bits of candied cherries.

3. TINY TREES AND WREATHS: Use 1/2 recipe of Basic Sweet Dough. Roll dough with your hands into long, slim ropes 1/2 inch thick. Cut into 1/2 inch bits. Roll into small balls and arrange on greased baking sheet. FOR TREE: Cut a pattern of a triangle 3 inches high with a 4 1/2 inch base from paper. Mark corners of baking sheet. Line up balls in rows 5-4-3-2-1; use 2 balls for trunk. FOR WREATHS: Draw around a small glass and place balls around the circle. Let rise 15 minutes. Bake at 350 degrees 20 minutes. Decorate each tiny bun using confectioners sugar frosting in a pastry tube. Top with red cinnamon candy. Makes 5 trees and 4 wreaths.

November 20 through November 22, 1957

ROAST TURKEY

1. Grease skin with softened shortening (part butter).
2. Place bird on rack breast down in open shallow pan, do not cover or add water.
3. Cover with fat moistened cheese cloth that is large enough to cover top and sides.
4. Roast in 325 degree oven as follows:

6 lb. bird, 35 minutes per pound, 3 to 3 1/2 hrs.
8 lb. bird, 30 minutes per pound, 3 1/2 to 4 hrs.
10 lb. bird, 25 minutes per pound, 3 1/2 to 4 hrs.
15 lb. bird, 16 minutes per pound, 4 to 4 1/2 hrs.
20 lb. bird, 15 minutes per pound, 4 1/2 to 5 hrs.

5. Turn bird breast side up when 3/4 done.

SAVORY STUFFING

- 1 1/2 c. butter
- 1 c. chopped onion
- 3/4 c. chopped celery
- 4 quarts stale bread crumbs (about 2 pounds)
- 1 T. salt
- 1/4 t. pepper
- 1 1/2 t. sage
- 1/4 c. water

Heat butter in skillet. Add onion and celery and saute for several minutes over low heat. DO NOT LET ONION BROWN. Toast bread crumbs slightly in oven. Add seasonings and mix well. Add onion and butter and stir until all butter is absorbed, rinse skillet out with 1/4 c. water. If more moist stuffing is desired, a little additional water may be added. Makes enough for 16-pound turkey.

GIBLET GRAVY

- 6 T. fat from turkey
- 6 T. flour
- 1/4 t. pepper
- 1 t. salt
- 3 c. broth
- Chopped cooked giblets

Combine fat and flour. Add broth and seasonings. Cook, stirring constantly until thick and smooth. Add chopped giblets.

HOLIDAY SALAD

- 2 packages lemon Jello
- 2 c. boiling water
- 1/2 c. red cinnamon candies
- 2 c. applesauce
- 1/2 pound cream cheese
- 2 T. mayonnaise
- Light cream (about 1/4 c.)

Combine Jello, boiling water and candies. Stir occasionally until candies are dissolved, then add applesauce. Mix well. Pour into 8 inch square pan. Place in refrigerator until firm. Combine cream cheese (at room temperature) and mayonnaise, add enough cream to make of spreadable consistency. Spread over top of congealed gelatin like a cake. Return to refrigerator until firm. Cut into squares. Top with a bit of green cherry if desired.

PINEAPPLE-MINT MOUSSE

- 1 jar NANCE'S PINEAPPLE MINT SAUCE
- 1 c. midget marshmallows
- 1/2 pint heavy cream, whipped
- 1/4 c. chopped maraschino cherries

Combine all ingredients and freeze until firm. Serve with a shortbread cookie.

DAISY SHORTBREAD COOKIES

- 1 c. butter
- 1/2 c. plus 2 T. sugar
- 2 1/2 c. sifted DAISY PASTRY FLOUR
- Colored candies and sugars

Cream butter, sugar and flour until well mixed. Roll dough 1/3 inch thick. Cut into circles with 2 inch round cookie cutter. Press fancy buttons or buckles into cookies to make designs. Decorate with tiny candies and colored sugars. Bake on ungreased cooky sheet at 325 degrees for about 20 minutes. Makes dozen. 4 Doz

Note: Cookie spreads some during baking making a rather thin crisp cookie like a Sand Tart.

ORANGE-GLAZED SWEET POTATOES

- 6 medium sweet potatoes, pared and halved
- 1/2 c. boiling water
- 2 t. salt
- 3 T. butter or margarine
- 1/4 c. brown sugar
- 3/4 c. corn syrup
- 1 T. orange juice

Place potatoes in skillet; add water and salt; cover and simmer 15 minutes. Drain off liquid, leaving 1/4 c. in skillet. Dot potatoes with butter. Combine remaining ingredients, pour over potatoes. Cook uncovered over low heat until glazed, about 15 minutes--baste frequently; turn potatoes once. Serves 6.

GREEN BEANS ALMOND

- 2 1 pound cans julienne style green beans
- 1/2 c. slivered blanched almonds
- 1/2 c. butter
- 1/2 t. salt
- 1 T. lemon juice

Heat the beans; drain. Cook almonds in butter until golden, stirring frequently. Remove from heat, add salt and lemon juice. Pour over hot beans. 8 servings.

TOMATO JUICE COCKTAIL

- 4 c. tomato juice
- 2 stalks celery, cut in 1 1/2 inch pieces
- 4 thin slices onion
- 1/2 t. seasoned salt
- 1 T. lemon juice

Combine all ingredients. Cover, simmer 3 minutes, strain. Serve hot or cold. 6 to 8 servings. Serve with Toasty Rye Curls.

TOASTY RYE CURLS

With very sharp knife or slicer, cut tiny size rye loaf in paper thin slices. Place in single layer on baking sheet. Dry in slow oven 300 degrees until crisp and the edges curl, about 30 minutes.

THANKSGIVING MENU

Tomato Juice Cocktail Toasty Rye Curls
Roast Turkey Stuffing Giblet Gravy
Orange-Glazed Sweet Potatoes
Green Beans Almond
Holiday Salad Holiday Breads
Pineapple-Mint Mousse Daisy Shortbreads
Beverage

November 25, 1957

TURKEY-A-LA-KING

- 1/4 c. diced green pepper
- 1/4 c. diced celery
- 2 T. butter or margarine
- 1 T. flour
- 1 can condensed cream of chicken soup
- 2--3 ounce cans broiled sliced mushrooms or 1/2 pound fresh, sauteed in butter
- 1 c. diced cooked turkey
- 1/4 c. chopped pimiento

Cook green pepper and celery in butter until tender. Blend in flour; gradually stir in soup. Add mushrooms and liquid. (If using fresh mushrooms add 1/2 c. milk.) Cook until thick, stirring constantly. Add remaining ingredients. Heat thoroughly. Serve over toast.

TO REHEAT TURKEY: Wrap pieces in aluminum foil. If desired, with each piece add a little stuffing and a spoonful of gravy. Bake at 350 degrees for 25 to 30 minutes.

TO REHEAT STUFFING: Place in top of double boiler, add a little boiling water, cover and heat for 30 minutes, stir occasionally.

How about a new pie for Thanksgiving?. . . .

MAPLE-NUT CHIFFON PIE

- 1 c. walnuts
- 1 T. unflavored gelatin
- 2 T. cold water
- 3/4 c. light cream
- 2 egg yolks
- 1/4 t. salt
- 1/2 t. vanilla
- 1/4 t. maple extract
- 1/2 c. maple or maple type syrup
- 2 egg whites
- 1 c. heavy cream, whipped
- 1 baked 9 inch pie shell

Chop walnuts; soften gelatin in water. Beat milk, egg yolks, salt, vanilla and maple extract until blended. Place over boiling water and cook until mixture thickens slightly, about 5 minutes. Remove from heat and add gelatin; stir until dissolved. Stir in maple syrup. Cool until mixture begins to jell. Fold in stiffly beaten egg whites and 3/4 c. walnuts. Beat cream until stiff; fold about 3/4 c. into filling, save remainder for garnish. If mixture does not "mound" when dropped from a spoon, chill a few minutes in refrigerator. Then, pile into baked pie shell; chill until firm. Garnish top of pie with remaining whipped cream, slightly sweetened, and chopped walnuts. Makes 6 to 7 servings. "A Treasure of a Recipe."

November 26, 1957

Marian Tracy's "RICOTTA DESSERT"

This is a simplified version of a traditional Italian Dessert. Ricotta, the Italian version of cottage cheese, is available most places where Italian foods are sold. Cottage cheese does not have the same delicacy.

- Pastry for 2 crust pie
- Fat for deep-fat frying
- 1 pound ricotta
- 2/3 to 1 c. heavy cream
- 1/3 c. confectioners sugar
- 1 T. rum (nice but not obligatory)
- 1/4 c. finely diced citron
- 2 T. shaved unsweetened chocolate

Roll the pie dough and cut into 3 inch circles. Fry a few at a time in deep fat at 360 to 370 degrees F. until lightly browned on each side. Drain on paper towels. Mix the ricotta with enough cream for a thick, moist consistency. Add sugar, rum, citron, and chocolate. Mix lightly and chill well. Serve sandwich fashion with a generous amount of filling between each 2 pie circles. Serves 6, depending upon their greediness.

HAMBURGER PIE

(It's a meal in one with its topper of golden potato puffs. Just toss a salad, fix a quick dessert.)

- 1 medium onion, chopped
- 1 pound ground beef
- Salt and pepper
- 1 1 pound can (2 cups) or 1/2 pound cooked green beans, drained
- 1 can condensed tomato soup
- 5 medium potatoes, freshly cooked
- 1/2 c. warm milk
- 1 beaten egg
- Salt and pepper

Cook onion in small amount of fat until tender, but not brown; add meat and sprinkle with salt and pepper; brown lightly. Add beans and soup; pour into greased 1 1/2 quart casserole. Mash potatoes; add milk, egg and salt and pepper to taste. Spoon potatoes in mounds over meat. Bake at 350 degrees for about 30 minutes or until heated and potatoes are golden brown. Makes 4 to 5 servings.

CREAMY ROQUEFORT DRESSING
(For tossed salad or hearts of lettuce)

- 2/3 c. salad oil
- 2 T. sugar
- 1/4 c. ketchup
- 1 T. lemon juice
- 1/2 t. grated onion
- 1/3 c. vinegar
- 3/4 t. salt
- 1/2 c. crumbled Roquefort cheese

Combine all ingredients in blendor. Beat until creamy smooth. (If you do not have a blendor, beat with electric beater until smooth.)

November 27, 1957

DANISH PASTRY (Special Request)

- 1 1/2 c. butter
- 1/3 c. flour
- 2 pkgs. active dry yeast or 2 cakes compressed yeast
- 1/4 c. water
- 1 c. milk, scalded
- 1/4 c. sugar
- 1 t. salt
- 1 egg, beaten
- 4 c. flour

Cream butter with 1/3 c. flour. Pat or roll butter mixture between 2 pieces of waxed paper to form a rectangle 12 x 6 inches. Chill thoroughly. Soften active dry yeast in warm water or compressed yeast in lukewarm water. Combine scalded milk, sugar and salt. Cool to lukewarm. Add softened yeast and egg. Mix well. Add the 4 c. flour. Knead dough until smooth and glossy, about 5 minutes. Roll dough into a 14 inch square. Place chilled butter on half of the dough. Fold over other half of dough, sealing edges well with heel of hand. Roll on lightly floured surface in a 20 x 12 inch rectangle. Fold in thirds so you have 3 layers. If butter softens, chill after each rolling until firm. Fold again to rectangle 20 x 12 inches. Repeat 2 more times, folding in thirds each time. Four rollings in all before shaping dough. After last rolling chill 1/2 hour before shaping. Shape as desired and let rise on UNGREASED baking sheet until almost double, about 1 hour. Bake in hot oven 450 degrees about 8 minutes. Brush tops with confectioners icing while hot. Serve warm. Makes 3 dozen.

ALMOND PASTE FILLING

- 1/3 c. butter
- 1/4 c. sugar
- 2 eggs
- 1/4 c. almond paste

Cream butter and sugar. Add unbeaten eggs and almond paste. Blend well.

SHAPING DANISH PASTRIES:

1. Almond Fans: Use 1/3 of the dough. Roll in 12 x 8 inch rectangle. Cut in 4 x 2 inch pieces. Place small amount of almond filling in center of each. Fold lengthwise. Seal edges tightly; curve slightly. Snip the side opposite the sealed edge at 1 inch intervals.

2. Twists: Use 1/3 of dough. Roll in 12 x 7 inch rectangle. Cut in strips 6 inches long and 3/4 inch wide. Holding end of strip in each hand, twist in opposite directions. Form the strip in circle, knot, or figure 8.

3. Baby Buntings: Roll 1/3 of dough in 12 x 9 inch rectangle. Cut in 3 inch squares. Place 1 teaspoon almond filling in center of each. Fold opposite corners to center, overlapping the edges. Seal to prevent unfolding.

November 28, 1957

STAR MARKETS WISH YOU AND YOURS
A VERY HAPPY THANKSGIVING

OVERNIGHT SALAD
(Pretty for Holidays)

- 2 eggs
- 1/4 c. lemon juice
- 1/4 c. sugar
- 2 T. butter
- 1 c. heavy cream
- 1 c. oranges, cut in pieces
- 2 c. halved and pitted white cherries (canned)
- 2 c. pineapple tidbits, well drained
- 2 c. marshmallows (midget size)

Beat eggs until light, add lemon juice and sugar. Cook in double boiler, stirring constantly until mixture is thick and smooth. Remove from heat, add butter and cool thoroughly. Whip cream, fold with drained fruit and marshmallows into chilled mixture. Turn into ring mold and place in refrigerator for 24 hours. Unmold and serve with Fruit Salad Dressing. 10 servings.

FRUIT SALAD DRESSING: Beat 2 egg yolks and gradually add 1 c. pineapple juice which has been heated. Cook over hot water or very low heat until it thickens and coats spoon; cool and chill thoroughly. Whip 1 c. medium or heavy cream and fold into chilled mixture.

November 29, 1957

BUFFET TURKEY SALAD

(Hot and delicious--wonderful way to use leftover turkey)

- 2 c. diced cooked turkey
- 2 c. diced celery
- 1/2 c. chopped toasted almonds
- 1/2 t. salt
- 1 T. minced onion
- Juice of 1 lemon
- 1 c. mayonnaise or cooked salad dressing
- 1/2 c. grated American cheese
- 1 c. crushed potato chips

Combine ingredients except grated cheese and potato chips. Toss lightly. Pile lightly into individual casseroles or 1 large. Sprinkle with cheese and potato chips. Bake at 450 degrees for 10 minutes for individual casseroles, 20 minutes for large casserole. Serves 4.

BUFFET SHRIMP CASSEROLE

- 1 pound fresh mushrooms
- 1/4 c. butter
- 2 c. cooked, cleaned shrimp
- 2 c. cooked rice
- 1 c. chopped green pepper
- 1/2 t. chili powder
- 1 c. chopped onion
- 1/2 c. chopped celery
- 1/4 c. chopped pimiento
- 2 1/2 c. canned tomatoes
- 3/4 t. salt
- 1/2 c. butter

Cook mushrooms in 1/4 c. butter until just tender. Combine with shrimp, rice, vegetables and seasonings. Place in greased 2 quart casserole. Pour 1/2 c. melted butter over all. Bake in slow oven 300 degrees for about 50 minutes. Garnish with wreath of parsley and stuffed olive slices. Serves 6 to 8.

FAVORITE FUDGE

- 4 c. sugar
- 1 14 1/2 ounce can evaporated milk
- 1 c. butter or margarine
- 1 pint marshmallow creme
- 1 t. vanilla
- 1 c. walnuts, chopped
- 2 6 ounce packages semi-sweet chocolate bits

Cook sugar, milk and butter to soft-ball stage (236 degrees) stirring frequently. Remove from heat; add chocolate bits, marshmallow creme, vanilla and nuts. Beat until chocolate is melted and blended. Pour into buttered 9 inch square pan. Immediately score in squares. Cool and cut in squares.

Trudy McNall's

MENU OF THE WEEK

Prepared Especially for STAR

WATCH "HOME COOKING" • 9 A.M. • WROC-TV • Channel 5

Thanksgiving Issue, 1957

MENU

Tomato Juice Cocktail — Toasty Rye Curls
Roast Turkey — Stuffing — Giblet Gravy
Orange Glazed Sweet Potatoes — Green Beans, Almond
Holiday Salad — Rolls
Pineapple-Mint Mousse — Daisy Shortbreads
Beverage

ROAST TURKEY

Stuff turkey with Savory Stuffing. Grease skin with softened shortening using part butter. Place bird on rack, breast side down, in open shallow pan; do not cover and do not add water. Cover with fat moistened cloth that is large enough to cover top and sides. Roast in 325 degree oven as follows:

6 pound bird, 35 minutes per pound, 3 to 3 1/2 hours
8 pound bird, 30 minutes per pound, 3 1/2 to 4 hours
10 pound bird, 25 minutes per pound, 3 1/2 to 4 hours
15 pound bird, 16 minutes per pound, 4 to 4 1/2 hours
20 pound bird, 15 minutes per pound, 4 1/2 to 5 hours

Turn bird breast side up when 3/4 done.

SAVORY STUFFING

1 1/2 c. butter	1 T. salt
1 c. chopped onion	1/4 t. pepper
3/4 c. chopped celery	1 1/2 t. sage
4 quarts stale bread crumbs	1/4 c. water

Heat butter in skillet. Add onion and celery and saute for several minutes over low heat. DO NOT LET ONION BROWN. Toast bread crumbs slightly in oven. Add seasonings and mix well. Add onion and butter and stir until all butter is absorbed, rinse skillet out with 1/4 c. water. If a more moist stuffing is desired, a little additional water may be added. Makes enough for 16 pound bird.

GIBLET GRAVY

Combine 6 T. fat and 6 T. flour. Gradually add 3 c. turkey broth (made from drippings in pan from roasting turkey and broth from cooking giblets). Cook until thick, stirring constantly. Season with 1 t. salt and dash of pepper. Add chopped giblets.

GREEN BEANS, ALMOND

Cook TOP FROST FRENCH STYLE GREEN BEANS according to directions on package. Serve with slivered toasted almonds sprinkled on top.

HOLIDAY SALAD

2 pkgs. lemon jello	2 c. applesauce
2 c. boiling water	1/2 pound cream cheese
1/2 c. red cinnamon candies	2 T. mayonnaise
1/4 c. light cream	

Combine jello, boiling water and candies. Stir occasionally until candies are dissolved, add applesauce. Pour into 8 inch square pan. Place in refrigerator until firm. Combine cream cheese and mayonnaise, add enough cream to make of spreadable consistency. Spread over top of congealed gelatin like a cake. Chill until firm, cut into squares. Top with a bit of green cherry if desired.

ORANGE GLAZED SWEET POTATOES

6 medium sweet potatoes, pared and halved	3 T. butter
1/2 c. boiling water	1/4 c. brown sugar
2 t. salt	3/4 c. corn syrup
	1 T. orange juice

Place potatoes in skillet, add water and salt, cover and simmer 15 minutes. Remove cover, dot with butter, combine remaining ingredients, pour over potatoes, cook uncovered over low heat until glazed, about 15 minutes, baste frequently.

PINEAPPLE MINT MOUSSE

Combine 1 jar NANCE'S PINEAPPLE MINT SAUCE, 1 c. midget marshmallows, 1/2 pint heavy cream, whipped, 1/4 c. chopped maraschino cherries. Freeze until firm.

TOASTY RYE CURLS

With sharp knife, cut tiny size rye bread in paper thin slices. Place in single layer on baking sheet. Dry in 300 degree oven about 30 minutes.

DAISY SHORTBREAD COOKIES

Cream 1 c. butter with 1/2 c. plus 2 T. sugar. Add 2 1/2 c. sifted Daisy Pastry Flour. Roll dough 1/3 inch thick. Cut into 2 inch rounds. Sprinkle with colored sugars. Bake on ungreased baking sheet at 325 degrees for about 20 minutes. Makes 2 dozen. Note: Cookies spread in baking making a rather thin, crisp, delicious cooky. Makes 2 dozen.

WROC - Television
Channel 5

TRUDY McNALL'S
HOME COOKING RECIPES

December 2, 1957 - December 13, 1957

Weekdays
9:00 to 9:30 A.M.

For the next 2 weeks we will devote most of our programs to "Christmas Gifts from the Kitchen." We agree with Emerson who said: "The only gift is a portion of thyself." The recipes I have selected carefully, some are new, many old traditional favorites. All can be made ahead--in fact, right now--to use for Christmas.

Trudy

PFEFFERNUSSE

"A new recipe for an old favorite." Pack Pfeffernusse in gay kitchen canisters or in pottery cookery jars (cellophane tape will seal the lids) and your gift will do service long after the contents have disappeared.

5 eggs	1/4 t. mace
2 c. brown sugar	1 t. cloves
Grated rind 1 lemon	1 t. allspice
6 c. flour (all-purpose or Daisy)	1 t. cinnamon
	3 T. black coffee
2 t. baking powder	1 c. blanched ground almonds
1/2 t. salt	
1/4 t. black pepper	1/2 c. chopped citron
1/2 t. nutmeg	Apricot brandy

Beat eggs and brown sugar until they are thick and light. Add lemon rind. Sift flour, baking powder, salt, pepper and spices. Add spiced flour alternately with coffee and beat well. Add almonds and citron. Chill dough for 2 hours. Form pieces of dough into rolls 1 inch in diameter. Cut the rolls into half-inch slices, arrange the cookies on slightly greased cookie sheet and put the baking sheet in a cool place overnight. In the morning, turn the Pfeffernusse over and put a drop of apricot brandy on each. Bake in a slow oven 300 degrees for 20 minutes. Roll the warm cookies in confectioners sugar. Cool them and store in an airtight tin. A slice of apple in the tin will keep the Pfeffernusse moist.

SPRINGERLE

Store these German cookies in a crock for at least 2 weeks so the anise seed on the bottom has a chance to mellow and flavor each one.

2 eggs	1 t. baking powder
1 c. sugar	1/4 t. salt
2 c. flour	1/2 t. grated lemon rind

2 t. anise seed

Beat eggs; add sugar gradually and beat until fluffy. Sift flour, baking powder and salt. Combine with eggs and sugar. Add lemon rind. Chill. Roll dough 1/4 inch thick and press out the dough with floured springerle rolling pin. Cut between the squares. Place on greased cooky sheet sprinkled with anise seed. Let stand 4 hours or overnight to dry. Bake at 350 degrees for 15 minutes or until very slightly browned on the edges. Cool. Store in tightly covered container. Makes about 2 dozen.

SCOTCH SHORTBREAD

(Use Springerle rolling pin for designs)

1 pound butter	4 - 4 1/2 c. flour
1 c. sugar (white or brown)	1/8 t. baking powder

Cream butter and sugar thoroughly. Sift flour and baking powder, add to creamed mixture and blend well. It may be necessary to knead flour into dough with your hands. Pat or roll dough out about 1/4 inch thick. Press design into dough with springerle rolling pin or cut into squares and press dough with discs from your cookie press, or shape dough into 3 square logs about 1 1/4 inches in diameter. Chill rolls several hours. Slice 1/4 inch thick. Bake on UNGREASED baking sheet at 375 degrees about 12 minutes. Makes 100 cookies. Note: Dough may also be colored, work coloring into dough before rolling.

CHRISTMAS COOKIES

(Best recipe for making cookies to decorate.) Make ahead, frost and decorate, now or later as you have time. This is a crisp cookie.

1 c. butter	5 c. flour
2 c. sugar	1 1/2 t. cream of tartar
3 eggs	1 1/2 t. soda
3 T. milk	2 t. vanilla

Cream butter and sugar well. Add eggs, vanilla and soda dissolved in milk. Sift flour and cream of tartar and add. Roll out on lightly floured surface and cut as desired into shapes. Cookie cutters are available in many forms such as stars, Santa Claus, his reindeers, snowballs, bells, etc. It is also easy to make your own patterns. Let the children hunt through magazines for pictures to make patterns from. When you're using a pattern, just be sure to flour it before placing on the cooky dough. Please the children by making cookies to hang on the Christmas tree. There's an easy way to make holes to slip ribbon through for hanging cookies on the tree. Cut paper drinking straws into small pieces and insert a piece of straw into the top of each cooky before baking. BE SURE TO REMOVE STRAWS AS SOON AS THE COOKIES COME OUT OF THE OVEN. Cool cookies before inserting ribbon--bright red or green--to tie them to the tree.

GINGER COOKIES

Wonderful for making gingerbread houses or gingerbread men.

2 3/4 c. flour	1/2 c. butter
1/2 t. soda	1/4 c. brown sugar
1 t. ginger	3/4 c. molasses
1/2 t. cinnamon	1 egg, beaten
1/2 t. salt	1 t. hot water
1/2 t. cloves	1 t. vinegar

Sift flour, soda and spices. Cream butter and sugar, add molasses, egg, hot water and vinegar. Blend well. Add flour mixture. Mix well. Roll and cut as desired. Bake on lightly greased cooky sheet at 350 degrees for 15 to 20 minutes.

SPRITZ COOKIES

(A typical Swedish butter cooky. This dough is just right for tinting red or green for the holidays and putting through the cookie press.)

1 c. butter	10 almonds, chopped fine
3/4 c. sugar	1/4 t. almond extract
3 egg yolks	2 1/2 c. flour

Cream butter and add sugar. Mix well. Blend in egg yolks, almonds and almond flavoring. Add flour and mix. Chill dough for about an hour. Put through cooky press and bake on an UNGREASED baking sheet for 8 to 10 minutes at 400 degrees. Decorate either before or after baking.

MEXICAN WEDDING CAKES

(Taste their best when rolled in confectioners sugar. Light, rich and delicious. Pack in tightly covered container.)

1 c. butter	1/2 t. vanilla
1/2 c. powdered sugar	1 3/4 c. flour

1/2 c. chopped nuts

Cream butter and sugar. Work in vanilla, flour and chopped nuts. Chill until easy to handle. Shape into small balls and place on UNGREASED cooky sheet. Bake at 350 degrees for 20 minutes. When cool roll in confectioners sugar. (Powdered sugar is fine granulated.)

SWEDISH PEPPARKOKAR

(Swedish Pepparkokars are perfect to serve with creamy eggnog for any holiday occasion.)

1 c. butter	1 egg, beaten
1 1/2 c. sugar	3 c. flour
1 T. dark corn syrup	3 t. cinnamon
2 t. soda	2 t. ginger
1 T. warm water	1 t. cloves

Cream butter and add sugar gradually, creaming well. Beat in egg and corn syrup, add soda which has been dissolved in the warm water. Fold in flour which has been sifted with the dry ingredients. Mix well. Chill in refrigerator for several hours. Roll out very thin on a lightly floured surface. Cut with cookie cutters. Place a piece of blanched almond in the center of each. Bake on slightly greased cookie sheet at 400 degrees for 6 to 8 minutes.

Note: These are thin, crisp and spicy, keep beautifully for months. Use cookie cutters in the shape of crescents, stars, circles with scalloped edges.

BRAZIL NUT FRUIT CAKE

(This cake skips the long baking time which most fruit cake requires. It is a refrigerator cake, beautiful to look at, rich tasting, and stores well. After several hours of chilling it slices very easily into nice thin slices. Keeps for months. Compared to many fruit cake recipes, this one is quite inexpensive.)

3 c. Brazil nuts (2 pounds unshelled or 1 pound shelled)	1 pound marshmallows
	3/4 c. orange juice
	1 T. grated orange rind
1 pound graham crackers	1/4 t. nutmeg
	1/4 t. cloves
1 pound seedless raisins	1/8 t. allspice
	1/8 t. ginger
1 c. (8 ounces) diced, mixed, candied fruit	1 8-ounce jar maraschino cherries, drained

Crush graham crackers and place in mixing bowl. Add whole Brazil nuts, raisins, candied fruits and maraschino cherries. Cut marshmallows in half and place in top of double boiler. Add orange juice, spices and orange rind. Stir until marshmallows are melted. Remove marshmallow mixture from heat and beat with highest speed of electric mixer for 15 minutes. Add to graham cracker mixture and blend thoroughly. Line a bread loaf pan (9 x 5 x 2) with two strips of waxed paper three inches above rim. Turn fruitcake into pan, pressing with spoon. Fold waxed paper over cake, press down with hands. Garnish with additional cherries and sliced nuts. Chill in refrigerator at least several hours before slicing. Yield: about 6 1/2 pounds of fruit cake.

Trudy's Tip: FOR WHOLE BRAZIL NUTS: Place unshelled nuts on shallow pan and heat at 350 degrees for 20 to 25 minutes. Cool. When you're ready to use them crack with nutcracker. Meats will shell out easily and have a toasty flavor.

BRAZIL NUT SENSATION CAKE

A recipe "repeat," this is a holiday fruit cake with dramatic appeal. On cutting, Brazil nuts, dates and cherries mosaic each slice. This cake can be made several weeks ahead of use. Wrap in aluminum foil and refrigerate. Or saturate a cloth with brandy or rum and wrap cake in it first. Unrefrigerated, the cake keeps two weeks; refrigerated, it keeps at least three months.

3 c. Brazil nuts (2 pounds unshelled or 1 pound shelled)	3/4 c. flour
1 pound pitted dates	3/4 c. sugar
1 c. (1/2 pound) mixed candied fruit	1/2 t. baking powder
	1/2 t. salt
	3 eggs
	1 t. vanilla

Combine Brazil nuts, dates, mixed candied fruit. Sift flour, sugar, baking powder and salt over nuts and fruit; mix with hands until nuts and fruits are well coated. Beat eggs until foamy; add vanilla. Stir into nut-fruit mixture until well mixed. Turn into greased and waxed paper lined pan 9 1/2 x 5 1/4 x 2 3/4 inches. Spread evenly in pan. Bake in a slow oven 300 degrees F. for 1 hour and 45 minutes. Cake must be cooled before slicing. Yield: 1--3 pound cake.

BUTTER CRUNCH

1 c. butter	1/4 pound semi-sweet chocolate or chocolate bits or unsweetened chocolate
1 c. sugar	
2 T. water	
1 T. light corn syrup	
3/4 c. almonds, chopped fine	

Melt butter in 2 quart saucepan over low heat. Add sugar; cook stirring constantly until mixed and candy begins to bubble. Add water and corn syrup. Put in candy thermometer, cook over low heat, stirring frequently, cook to 290 degrees (brittle stage)--takes 15 to 20 minutes. Remove from heat at once. Sprinkle nuts over surface and quickly mix in. Pour on lightly greased cooky sheet or marble. Spread with spatula to 1/4 inch thick. Cool to room temperature. Partially melt chocolate over hot water, remove from water and stir until melted. Spread evenly over candy. When firm, break into pieces. Store in tightly covered container. Store in a cool place.

WHITE CHRISTMAS CANDY

3 c. sugar	2 c. mixed candied fruit, finely diced
2 T. butter	
1 c. light cream	1 c. coconut, finely cut
1 t. vanilla	1 c. dates, ground
1 c. walnuts, chopped	

Cook sugar, butter and cream together until mixture forms a soft ball in cold water (234 degrees). Beat until creamy, then beat in fruit and nuts. Stir well, then knead with hands. Form into roll 2 inches in diameter. Wrap in dampened cloth and then in waxed paper. Put away to ripen for at least 2 weeks before Christmas. When ready to serve cut in slices about 1/2 inch thick.

MOLASSES PLUM PUDDING

1/2 c. orange juice	1 c. chopped Brazil nuts
1 3/4 c. seedless raisins	1/2 c. (2 ounces) ground suet
1/3 c. diced citron	3/4 c. dry bread crumbs
1 apple, peeled and chopped	1/2 c. flour
1 T. grated orange rind	1 t. baking powder
2 eggs, slightly beaten	1/2 t. soda
1/2 c. molasses	1/4 c. sugar
	1/2 t. each, salt and cinnamon
	1/4 t. each, allspice and ground cloves

Pour orange juice over raisins, citron, apple and orange rind; let stand 1 hour. Combine eggs and molasses; stir in Brazil nuts, suet and bread crumbs. Sift in remaining ingredients; blend well. Add fruit mixture; mix well. Turn into a greased 2 quart pudding mold with tight fitting cover. Place on rack in deep kettle; pour in boiling water to half the depth of the mold. Cover; steam 5 hours, adding more boiling water during steaming if necessary. Serve warm with hard sauce, ice cream or whipped cream.

HARD SAUCE

These colorful slices of hard sauce make an excellent garnish for plum pudding. Cream together 1/2 c. butter, 2 c. confectioners sugar and 1 t. vanilla. Blend in 1/4 c. chopped nuts and 3/4 c. chopped red and green maraschino cherries. On waxed paper, shape mixture into a roll about 2 inches in diameter. Freeze. Just before serving, cut roll into 1/4 inch thick slices, and arrange them around the pudding.

CHRISTMAS CHERRIES

1/2 c. shortening, part butter	1 t. grated lemon rind
1/4 c. sugar	1 T. lemon juice
1 egg yolk	1 c. flour
1/2 t. vanilla	1 egg white
1 T. grated orange rind	15 maraschino cherries
	1 c. chopped nuts

Cream shortening and sugar, add egg and blend well. Add orange and lemon rind, lemon juice and flour. Roll into small balls about 1/2 inch in diameter, roll each ball in slightly beaten egg white, then in finely chopped nuts. Place on lightly greased baking sheet, place half a cherry on each cookie. Bake at 350 degrees for about 20 minutes. Makes 30 cookies.

ALMOND PASTE MACAROONS

1 pound commercial almond paste	1 c. confectioners sugar
2/3 c. unbeaten egg whites	1 t. vanilla
1 c. granulated sugar	A little yellow food coloring
	4 T. Cake Flour

Break up almond paste with hands into small pieces, add egg whites a little at a time and work with electric mixer or hands until mixture is very smooth Add sugar gradually and beat until mixture is almost white. Add vanilla and yellow coloring. Drop cookies by teaspoonfuls onto brown paper and bake at 300 degrees for 30 minutes. Store in airtight container. Note: Take macaroons from oven, place paper on a moist cloth--this helps to remove the macaroons.

SWISS COCONUT MACAROONS

4 egg whites	1/2 c. flour
1 t. vanilla	2 c. coconut
1 c. confectioners sugar	

Beat egg whites until stiff, gradually beat in confectioners sugar and continue beating until mixture is stiff and glossy. Fold in coconut and flour. Drop by teaspoonfuls onto lightly greased and floured cooky sheet. Bake at 350 degrees for 15 minutes.

SAND TARTS

1/2 c shortening, part butter	1 egg
1 c. sugar	2 c. flour
1 T. water	2 t. baking powder
	1/2 t. vanilla

Cream shortening and sugar. Add water and egg and mix well. Sift flour and baking powder, add to creamed mixture, add vanilla. Roll about 1/8 inch thick. Cut into desired shapes. Bake at 350 degrees for 10 minutes. Place on lightly greased cooky sheet. Store in tightly covered container. Crisp and delicious.

MACAROON TEA COOKIES

1 c. butter	2 eggs
1/2 c. sugar	1/2 c. sugar
1 egg	1 1/4 c. finely ground almonds
1 t. vanilla	
2 c. flour	1/2 t. almond extract

Cream butter and sugar, add egg and vanilla. Stir in flour. Drop a teaspoonful of batter into greased tiny muffin cup, pressing batter over bottom and up around sides, a coating about 1/4 inch thick, leaving center hollow. Chill. Fill each hollow with the following filling: Beat the 2 eggs until light and foamy. Gradually beat in sugar and then the finely ground almonds and almond extract. Fill hollows with mixture. Bake at 325 degrees about 25 minutes. Makes 2 dozen.

MINTED NUTS

1 c. sugar	8 marshmallows, cut in small pieces
1/2 c. hot water	
1 T. white corn syrup	1/2 t. salt
1/2 t. essence peppermint or 4 drops oil of peppermint	1 c. chopped walnuts or pecans

Make a syrup of sugar, water, corn syrup and salt. Cook, stirring constantly until mixture begins to boil. Cook to 230 degrees or until mixture forms a very soft ball in cold water. Remove from heat. Add marshmallows and stir until melted. Add flavoring and nuts and stir until every nut is coated and mixture begins to harden. Drop from end of teaspoon onto waxed paper.

EASY PRALINE CANDY

1 pkg. butterscotch pudding and pie filling mix	1/2 c. brown sugar
1 c. sugar	1/2 c. evaporated milk
	1 T. butter
	1 1/2 c. pecan pieces

Mix pudding mix, both kinds of sugar, milk and butter in a saucepan. Cook and stir over low heat until sugar dissolves and mixture boils. Continue to cook and stir frequently until mixture forms a soft ball in cold water (234 degrees F.). Add nuts and mix well. Beat until mixture begins to thicken, no longer. Drop by tablespoons onto waxed paper, let stand until firm.

CHRISTMAS DIVINITY

3 c. sugar	1 pkg. flavored gelatin
3/4 c. light corn syrup	1 c. chopped nuts
3/4 c. water	1/2 c. finely cut coconut
2 egg whites	1/2 c. diced candied fruit (optional)

Grease a 9 inch square pan thoroughly. Combine sugar, corn syrup and water in a saucepan, bring to a boil, stirring constantly. Boil to a temperature of 252 degrees (hard ball). Beat egg whites until they fluff up, then add the dry gelatin gradually and beat until they hold a definite peak. Pour the syrup into the egg white mixture in a thin, thin stream, beating constantly until candy holds a shape and loses its gloss. Stir in nuts, coconut and fruit. Pour quickly into pan. Divinity cuts best if you dip knife in hot water during the cutting process. Makes 5 dozen pieces.

CARAMELS

2 c. sugar	1/4 c. butter
1 c. light corn syrup	1/2 t. salt
2 c. medium cream (Genesee Country)	1 t. vanilla
	2/3 c. coarsely chopped nuts

In large saucepan combine sugar, corn syrup and 1 c. of the cream. Stir until sugar is dissolved. Cook without stirring for 10 minutes. Then add another cup of cream very slowly and cook about 5 minutes. Add butter a little at a time. When thermometer reaches 230 degrees lower heat and cook slowly to 242 degrees. Stir occasionally near end of cooking time and lower heat. Remove from heat, add salt and vanilla, add nuts a few at a time. Pour into well buttered 9 inch square pan, let stand in cool place until firm enough to cut. DO NOT REFRIGERATE--this makes them too hard to cut. Wrap immediately in waxed paper or cellophane to prevent spreading. Note: Cream is added slowly to make caramels creamy; also butter must be added a little at a time. These caramels are out of this world.

CHOCOLATE CARAMELS. . .variation

Add 2 squares bitter chocolate cut into small pieces as soon as caramels are removed from heat. Stir gently to blend.

Trudy McNall's

MENU OF THE WEEK

Prepared Especially for STAR

WATCH "HOME COOKING" • 9 A.M. • WROC-TV • Channel 5

December 12, 1957

SIMPLE AND SAVORY BARBECUED CHICKEN

6 chicken legs and thighs, or breasts
2 T. butter
1 c. celery, chopped
1 c. onions, chopped
1 bottle (14 oz.) ketchup
2 T. vinegar
1 T. Nance's mustard
1 c. water
1 t. salt
1/8 t. pepper

Saute chicken in butter until lightly browned, remove to greased 2 quart casserole. Using same skillet, combine remaining ingredients, simmer several minutes until slightly thickened. Pour sauce over chicken. Cover, bake 1 hour at 375 degrees. Uncover; bake 30 minutes more, basting occasionally. 6 servings.

CORN PUDDING "A vegetable"

1/4 c. butter
1/4 c. flour
1 T. sugar
1 1/2 t. salt
1 3/4 c. milk
3 c. frozen corn, chopped
3 eggs

Melt butter, add flour, sugar and salt. Gradually add milk and cook until thickened, stirring constantly. Stir in the corn. Beat eggs until frothy and add. Pour into well buttered baking dish and bake in hot water bath at 375 degrees about 45 minutes. Note: Whole kernel corn can be used but chopping makes a smoother pudding. Bake pudding with chicken. Serves 6-8.

FRIED RICE

1/2 c. chopped onion
1 c. rice, regular
2 T. butter
2 1/2 c. consomme
1/4 t. salt

Chop onion, add rice and saute in butter until rice is lightly browned. Add consomme and salt. Cover and simmer until liquid is absorbed and rice is dry, about 30 minutes. Note: Rice may be baked in covered casserole in oven along with corn and chicken. Bake for about 40 minutes.

MOLDED CRANBERRY SAUCE

4 c. firm cranberries
1 c. water
2 c. sugar

Wash cranberries, removing bits of stems and wilted fruit. Add water and cook just until skins burst. Remove from heat, add sugar, and stir until sugar is thoroughly dissolved. Pour into individual molds or 1 large 1 quart mold, chill until firm. Note: For a pretty salad for this meal unmold individual molds on ring of pineapple. Serve on perky, crisp greens.

SNOWBALLS IN CUSTARD

3 T. sugar
1 quart milk
6 egg whites
1 1/2 t. cream of tartar
1/4 t. salt
1 c. sugar
6 egg yolks
1 t. vanilla
Maraschino cherries for decorating

Stretch clean towel over top of pan 13 x 9 x 2 inches, tie on tightly, pulling towel taut. Set aside. Dissolve the 3 T. sugar in milk in large frying pan; heat milk to scalding over low heat; remove from heat. While milk heats, beat egg whites with cream of tartar and salt until foamy, add the 1 c. of sugar gradually, continue beating until meringue forms stiff peaks. Shape into balls with large ice cream scoop or spoon mixture into lightly oiled round bottomed teacups; loosen around edge with small spatula; drop onto hot milk; poach 5 minutes. Remove balls from milk with perforated pancake turner or spoon. Carefully transfer to tea towel spread over baking pan. Chill. Strain milk through fine sieve into bowl. Beat egg yolks well in medium sized saucepan; gradually stir in milk. Cook over low heat, stirring constantly until mixture begins to coat a metal spoon; remove from heat, add vanilla, chill custard until serving time. To serve: Place custard in large bowl, or individual serving dishes; top with meringue balls; decorate each with a maraschino cherry. Makes 8 servings.

WROC - Television
Channel 5

TRUDY McNALL'S
HOME COOKING RECIPES

December 16 - 27, 1957

Weekdays
9:00 to 9:30 A.M.

December 16, 1957

STAR OF A BUFFET SUPPER

Baked Ham
Lime Applesauce Molds
Super Scalloped Potatoes
Brioche
Mince Tarts Coffee

BAKED HAM

Use a canned ham for ease of serving, economy and quick preparation. Remove from can, place fat side up on rack in shallow roasting pan. Heat uncovered in 325 degree oven--2 1/4 hours for 6 to 7 pound ham, 2 1/2 to 3 hours for 10 to 12 pound ham. One half hour before end of baking period, remove ham from oven, score fat lightly and stud with whole cloves. To make glaze, heat together 1 c. brown sugar and 1/2 c. corn syrup. Spoon one-third of the glaze over the ham and return to oven. Add remaining portions of glaze at 10 minute intervals. Don't spoon glaze from pan over the ham again because drippings in the pan will dull the sparkling glaze. Garnish ham with endive or parsley and lime applesauce molds, set on the edge of the platter away from the warm ham.

LIME APPLESAUCE MOLDS

2 c. applesauce
3/4 c. gingerale
1 package lime-flavored gelatin

Heat applesauce to boiling point, add gelatin and stir to dissolve. Stir in gingerale. After mixture stops "fizzing" pour into oiled individual salad molds. Chill in refrigerator 4 hours or until firm. Makes 6 to 8 molds.

HOLIDAY BRIOCHE

1 yeast cake
1/2 c. lukewarm water
1 c. milk, scalded
1 1/2 c. flour
1/2 c. melted shortening
3/4 t. salt
1/2 c. sugar
2 eggs, well beaten
1 egg yolk, well beaten
3 1/2 c. flour
1/4 t. mace
1/2 c. soft butter
*Confectioners Icing

Dissolve yeast in lukewarm water. Cool milk to lukewarm, add dissolved yeast and 1 1/2 c. flour. Beat until smooth, cover and let rise until light. Add shortening, salt, sugar and well beaten eggs and beat well. Add flour and mace. Mix well, cover and place in refrigerator overnight. Turn out on a lightly floured board and roll into a long rectangular shape. Spread with soft butter. Fold from sides to center to make 3 layers. Cut off narrow strips 1" wide. Twist each strip to form a ring. Place on lightly greased cooky sheet, brush with melted butter, let stand until very light. Bake at 400 degrees for 15 to 20 minutes. Ice while warm with confectioners icing and decorate as desired.

CONFECTIONERS ICING

1 1/2 c. sifted confectioners sugar, moistened with enough hot water to make a spreadable consistency. Garnish with bits of candied fruit, plain or colored angel flake coconut.

MINCEMEAT TARTS

(Remembering that the Wise Men brought gifts of Eastern Spices to the Infant Jesus, the early Christian housewife liberally seasoned her Christmas foods. This tradition has traveled down the centuries and Christmas has always been a season of rich flavors and aromas.)

1 3/4 c. canned mincemeat
2 c. chopped apples
1/2 t. grated lemon rind
1 T. lemon juice

Combine ingredients. Make recipe of plain pastry based on 2 c. flour. Pour mincemeat mixture into 6--4 inch pastry lined foil tart pans. Roll out crust for tops, cut tiny star openings with cooky cutter; sprinkle with sugar. Bake at 400 degrees for 20 to 25 minutes. To serve on buffet table, arrange tarts in circle around small Christmas tree, place a red candle in center of each tart through the star opening. Surround platter with Christmas greens and some tiny colored Christmas balls.

SCALLOPED POTATOES

6 medium sized potatoes
2 T. flour
1 t. salt
Dash pepper
3 to 4 T. butter
3 c. milk
1 onion, thinly sliced, if desired

Pare and slice potatoes thinly. Pour boiling water over them and let stand for 2 to 3 minutes. Drain well. Place in alternate layers with seasoned flour and butter in well greased 2 quart casserole. Pour milk over all, cover and bake at 350 degrees for 40 minutes, uncover and bake for about 20 minutes or until potatoes are golden brown on top. Note: If you use the onion, arrange in layers with the sliced potatoes. 6 servings.

December 17, 1957

HOLIDAY BUFFET

Sliced Breast of Turkey
Potatoes Chantilly Cranberry Mold
Rolls
Egg Nog Pie

SLICED BREAST OF TURKEY

The best way to prepare a breast of turkey is by poaching it. Poaching is a variation of simmering or stewing—cooking in a very small quantity of water. It is an excellent method when original shape and maximum flavor and moistness are to be retained. Follow these directions:

1. Arrange meat, skin side up, in heavy kettle or pan.
2. For each 6 pounds of meat, sprinkle with 1 T. salt and 1 t. white pepper.
3. Add just enough water to cover the bottom of the pan about 1/2 inch. Bring to simmering. Cover pan tightly.
4. Simmer until meat is fork tender, about 2 to 2 1/2 hours. Remove meat from broth. Refrigerate until serving time.
5. Turkey breast may be boned. (This is not as difficult as you may think, you just need the courage to try.) Roll boned turkey breast, tie lightly with string. Wonderful for slicing cold.

POTATOES CHANTILLY

6 large potatoes
3 T. butter
1/2 c. rich
Salt
Pepper
Paprika
1/2 c. heavy cream
4 T. grated American cheese

Cook peeled potatoes in small amount of boiling water until tender. Drain and mash. Add rich milk which has been heated with the butter to scalding. Beat until very light and fluffy. Season to taste with salt and pepper. Pour into well buttered casserole, cover with heavy cream, whipped and sprinkle with cheese and paprika. Bake at 350 degrees until golden brown.

CRANBERRY MOLD

1 pkg. cherry jello
1 c. boiling water
2/3 c. sugar
1 T. lemon juice
1 T. unflavored gelatin
1 c. pineapple juice
1 c. ground raw cranberries
1 whole orange
1 c. crushed pineapple, well drained
1 c. finely chopped celery
1/2 c. chopped walnuts or pecans
Salad greens

Dissolve jello in boiling water, add sugar, lem juice. Dissolve unflavored gelatin in pineapp juice, heat to dissolve gelatin, add to first mi ture. Chill until mixture begins to set, add cran berries, juice or orange and rind put throug food grinder, pineapple, celery, and nuts. Pou into ring mold and chill until firm. Serve o salad greens.

EGG NOG PIE

2 T. unflavored gelatin
1/4 c. sugar
1 quart commercially prepared egg nog
1/4 t. nutmeg
4 T. rum
1 c. heavy cream, whipped
1/3 c. maraschino cherries, drained and chopped
1/3 c. chopped nuts

Combine gelatin and sugar in saucepan. Stir in 1 c. of the cold egg nog. Place over low heat, stirring constantly, until gelatin is dissolved. Remove from heat; stir in remaining egg nog. Chill until mixture begins to thicken. Fold in remaining ingredients. Pour into baked 9 inch pie shell. Note: Since this pie is quite rich you should serve 7 to 8 from this 9 inch pie.

December 18, 1957

Bits and Tidbits for the Hors d'oeuvre Tray

CHEESE BALL

6 ounces blue cheese
2--5 ounce jars processed cheddar cheese spread
12 ounces cream cheese
2 T. grated onion
1 T. Worcestershire sauce
1/2 t. Accent or Beau Monde Seasoning
1 c. ground pecans
1/2 c. finely chopped parsley
Pimiento

Have all cheeses at room temperature. Mix cheeses, onion, Worcestershire sauce and Accent or Beau Monde seasoning together. Add 1/2 c. pecans and 1/4 c. parsley. Shape mixture into a ball. Place in small bowl lined with waxed paper. Chill overnight. 1 hour before serving roll ball in mixture of remaining pecans and parsley. Place on platter and surround with crisp crackers. Make star or poinsettia of pimiento for garnish. Use this as a centerpiece for the hors d'oeuvre tray.

CHICKEN LIVER PASTIES

1 pound chicken livers
Flour, salt, pepper
1/4 c. butter
1 medium onion, chopped
Dash Worcestershire sauce
Pastry
Parmesan cheese, grated
Paprika

Dredge chicken livers in seasoned flour, saute in butter with onion for 3 or 4 minutes. AVOID OVERCOOKING. Remove from heat and chop very fine. Make pastry, roll as for pie crust, cut into 2 inch circles. Put a teaspoon of the mixture on the lower half of the round. Fold top over, press edges together tightly with fork. Brush with melted butter and sprinkle with cheese and paprika. Bake at 375 degrees about 10 minutes or until lightly browned. Makes about 60. Note: These may be made ahead and frozen before baking. Then you are all ready for a hot snack at any time.

STUFFED MUSHROOMS

Use small bite size mushroom, fresh or canned. If fresh remove stems carefully, and saute caps for several minutes in butter. Fill with tuna fish, crabmeat or lobster salad. Pop into oven for a few minutes to heat. Note: These may be made up a day or so ahead and also frozen. Just saute caps first, fill with desired filling and freez

CHEESE PUFFS

/2 c. water	1/4 lb. Swiss cheese, grated
/4 t. salt	2/3 c. flour
1 1/2 T. butter	3 eggs

Heat water, salt and butter. Add cheese gradually, keeping the temperature low, stir until cheese is melted and mixture is creamy. Add flour and stir vigorously until dough forms a ball. Remove from heat, add eggs, one at a time, beating well after each addition. Drop by teaspoonfuls onto lightly greased cooky sheet. Bake 20 to 25 minutes at 400 degrees. Delicious plain or filled with chicken salad or what have you.

A MAN'S FAVORITE

Cut sliced bread into rounds or ovals. Spread with butter and a little Nance's mustard. Cover thickly with mashed liver sausage to which a little grated onion has been added. Place under broiler just before serving until hot and puffy. Decorate with slice of stuffed olive just before serving.

TUNA FISH CONES

2 c. tuna fish	1/2 t. salt
1 T. butter	1/8 t. pepper
1 T. flour	1 t. grated onion
1/3 c. milk	1 egg, beaten

Drain tuna fish, reserving oil. Shred finely. Heat 1 T. of the tuna oil in saucepan. Add flour, stirring, until smooth. Remove from heat, add milk gradually, stirring until well blended, add salt, pepper and grated onion. Return to heat and cook until thick and smooth, stirring constantly. Add beaten egg and tuna fish, chill in refrigerator until firm. Shape into balls the size of marbles pinch one end to form a cone, roll in flour. Fry in deep fat at 375 degrees about 30 seconds until browned. Insert a toothpick in each cone. Makes 3 dozen. Serve with cocktail sauce.

COCKTAIL SAUCE

3/4 c. ketchup	Few drops Tabasco sauce
1 1/2 T. lemon juice	1 T. prepared horseradish
1 T. Worcestershire sauce	1/4 t. salt

1 t. grated onion

Combine all ingredients, chill thoroughly.

And don't forget lots of cleaned shrimp to dip in the above cocktail sauce. Everybody's favorite.

December 19, 1957

STAR MARKET DAY. Shop your nearest Star Market for Top Values of the week and for Trudy McNall's Special Menu of the Week.

December 20, 1957

BUFFET SUPPER FOR FRIDAY

Deviled Shrimp in Chafing Dish
Fluffy Boiled Rice — Asparagus Tips
Holiday Brioche
Assorted Relishes
Toasted Almond Mocha Angel Food

DEVILED SHRIMP IN CHAFING DISH

1 1/2 pounds cleaned cooked shrimp	1 1/2 T. Nance's mustard supreme
5 T. butter	1 T. Worcestershire sauce
4 T. flour	6 T. sherry wine
3 c. scalded milk	3 egg yolks
2 t. curry powder	

Have shrimp ready before making sauce. Heat butter in chafing dish, add flour and mix well. Gradually stir in scalded milk and cook until slightly thickened, stirring constantly. Add seasonings. Combine slightly beaten egg yolks with 3 T. of the sherry wine, add to sauce and cook until thickened, add remaining wine and shrimp. Let stand for a few minutes to heat through. Serve over hot fluffy, boiled rice. Serves to 8.

ASPARAGUS: Cook frozen asparagus until tender. Arrange on platter in bundles with strip of pimiento across, season as desired.

TOASTED ALMOND MOCHA ANGEL FOOD

1 1/2 c. sugar	1 1/4 t. cream of tartar
1 c. sifted cake flour	1 t. vanilla
1/2 t. salt	1 T. powdered instant coffee
1 1/4 c. egg whites	

Sift 1/2 c. of sugar with cake flour 3 times. Beat egg whites with salt until foamy, add cream of tartar and beat until soft peaks are formed. Add remaining sugar and beat until moist peaks are formed. Fold in vanilla and coffee. Gradually fold in flour and sugar mixture. Pour into ungreased 10 inch tube pan. Bake at 350 degrees for 35 to 40 minutes. Remove from oven, invert until cold. Ice with coffee butter icing and sprinkle with toasted slivered almonds.

COFFEE BUTTER FROSTING

1/2 c. butter	1/4 c. light cream or milk
Dash salt	1 t. vanilla
2 1/2 c. sifted confectioners sugar	1 1/2 T. powdered coffee
	Toasted slivered almonds

Cream butter, add salt and confectioners sugar alternately with light cream or milk and continue beating until very light and fluffy. Add vanilla and powdered coffee and beat for several minutes. Spread on cake and sprinkle with toasted slivered almonds.

December 23, 1957

A Christmas Party for the children of the members of the staff at WROC-TV.

December 24, 1957

ESPECIALLY FOR CHRISTMAS EVE

Oyster Stew
Crisp Crackers
Toasted Cheese Rolls
Fruit Cake — Christmas Cookies
Coffee — Mixed Nuts

FAVORITE OYSTER STEW

1 pint oysters	1/2 t. salt
1/2 c. butter	Dash pepper
6 c. rich milk (part cream)	Paprika and chopped parsley

2 T. sherry, optional

Saute oysters in butter over low heat, just until edges begin to curl. Add hot milk and seasonings. If using sherry, which gives a delightful flavor, add just before serving. Sprinkle with paprika and chopped parsley. Serves 4.

TOASTED CHEESE ROLLS

1 loaf fresh bread	2 T. mayonnaise
1/4 c. butter	1 T. Nance's Mustard Supreme
1/2 pound American cheese	Melted butter

Cream butter and cheese until smooth, add mayonnaise and mustard. Remove crusts from slices of bread. Spread each slice with cheese mixture and roll like a jelly roll. Brush with melted butter. Bake at 400 degrees until lightly browned. Note: These may be made ahead of time and stored in refrigerator until ready to toast.

December 25, 1957

OUR CHRISTMAS WISH TO YOU. . . .
Once again it's time to send you greetings and best wishes of the season from all of us to each and all of you. May your holidays be the brightest and cheeriest ever. And may Christmas bring you joy to last all year. . .and a little bit more and as Tiny Tim would say "God Bless Us Every One."

A CHRISTMAS BREAD for coffeetime snacks

1 c. milk	1 t. grated lemon rind
1/2 c. sugar	1/4 t. mace
1/4 c. butter	2 eggs
2 t. salt	1/2 c. white raisins
1 c. flour	1/2 c. blanched almonds, chopped
1 cake yeast	
1/4 c. lukewarm water	4 3/4 c. flour

Scald milk; add sugar, butter and salt. Cool to lukewarm. Add 1 c. flour. Soften yeast in lukewarm water; add to first mixture. Mix in lemon rind, mace, well beaten eggs, raisins, and almonds. Gradually add remaining flour to make a soft dough. Knead on lightly floured board until smooth. Place dough in greased bowl; cover and let rise until double in bulk. Punch down and divide into 5 equal parts; let rest 10 minutes. Roll each portion into a long strand. Place 3 strands on greased baking sheet, braid loosely, beginning with middle strip. Twist remaining 2 strips; place on top of braid. Tuck ends under, seal well. Cover, let rise until double. Bake at 350 degrees about 40 minutes. Frost, sprinkle with diced candied fruits and chopped nuts.

December 26, 1957

STAR MARKET DAY--Shop your nearest Star Market today.

December 27, 1957

DEVILED CRABMEAT

"Especially for Marie"

1 pound fresh crabmeat	1/2 c. stale bread crumbs
4 T. lemon juice	1/2 c. Old Dutch Mayonnaise
2 t. onion juice	1/2 c. thick white sauce
2 T. chopped onion	2 t. ketchup
2 T. chopped green pepper	1 t. Worcestershire sauce
3 T. butter	1/2 t. curry powder
1 T. chopped parsley	
2 t. Nance's Mustard Supreme	

Mix together crabmeat, lemon and onion juice. Saute onion and green pepper in butter, add remaining ingredients and mix with crabmeat. Fill shells or individual ramekins with mixture, sprinkle with buttered bread crumbs and grated parmesan cheese. Bake at 350 degrees for about 20 minutes or until lightly browned.

TOMATO ASPIC SALAD

2 1/2 c. tomato paste	1 T. sugar
1 bay leaf	1 t. salt
1/3 c. celery, diced	1 t. vinegar
1/4 c. chopped onion	2 T. unflavored gelatin
4 peppercorns	1/2 c. cold water
5 whole cloves	6 ounces cream cheese
1 sprig parsley	1/4 c. chopped parsley

Combine tomato juice, bay leaf, diced celery, chopped onion, peppercorns, whole cloves, sprig parsley, sugar, salt, and vinegar. Simmer for 10 minutes. Remove from heat, add gelatin softened in cold water. Chill until mixture begins to thicken. Mix cream cheese until softened, form into small balls about the size of marbles, roll in chopped parsley, add to tomato mixture. Pour into individual molds and chill until firm.

FROZEN ANGEL MERINGUES

1/2 c. sugar	1/2 t. vanilla
3 T. boiling water	Pinch salt
2 egg whites	1 quart vanilla ice cream
1 c. heavy cream, whipped	Frozen strawberries or raspberries

Combine sugar and boiling water and cook until syrup spins a thread. Beat egg whites until stiff, pour the boiling syrup over egg whites and continue beating until very stiff. When cool, fold in 1 c. cream whipped, vanilla and salt. Pour into greased individual ring molds, freeze until firm. Unmold, fill center of ring with scoop of vanilla ice cream and top with frozen berries. Note: A real "cool" dessert.

Trudy McNall's

MENU OF THE WEEK

Prepared Especially for STAR

WATCH "HOME COOKING" • 9 A.M. • WROC-TV • Channel 5

DECEMBER 26, 1957

GOLDEN BROWN CHICKEN

(Slimming Style)

Chicken parts--legs and thighs or breasts, as desired
Seasoned flour
Butter

Place chicken in shallow baking pan, skin side up. Sprinkle with seasoned flour. Dot with butter. Add water to cover bottom of pan, later adding more if necessary. Bake uncovered at 400 until brown, about 30 minutes. Reduce temperature to 300 degrees and continue to bake until tender, about 30 minutes. Baste occasionally with juices from pan. THIS IS A GOOD LOW-CALORIE RECIPE. Just about the easiest way to prepare chicken.

LIMA BEANS DELUXE

1 pkg. TOP FROST LIMA BEANS
2 T. finely chopped onion
2 T. sour cream

Cook beans according to directions on package. When almost ready to serve, add onion and sour cream.

CRISP COLE SLAW

(There are hundreds of ways to make cole slaw. This one is perfect, never gets soupy and can be kept in refrigerator, grows more crisp as it stands.)

Shred a small to medium head of cabbage. Put 3 T. vinegar in skillet. Add 2 T. mixed pickling spice and simmer. Add this steaming mixture to 1/2 c. mayonnaise to make a very thin dressing. Pour over the cabbage, add a little thyme and mix well. Pour over cabbage. Salt and pepper to taste. Chill well before serving.

ORANGE ICE BOX CAKE

(Ideal for a party. Can be made ahead for it improves upon standing.)

Use either a 2 layer sponge cake (cut each layer in half, making 4 layers) or use lady fingers or chiffon or angel food cake. Buy cake for dessert to save you time and trouble of baking them. You will find just what you need at Bakery section. DAWN baked products are excellent quality.

Filling:

Grated rind and juice of 1 orange and 1 lemon
3 eggs, beaten
1 c. sugar
1/2 pint heavy cream, whipped

Beat eggs and sugar together, add orange and lemon juice and rind. Cook over hot water until thick, stirring constantly. Cool. Fold in heavy cream, whipped. Spread between layers, on top and sides of cake. Refrigerate overnight and until serving time. If desired, garnish with whole orange sections.

Note: If using angel or chiffon cake, cut into 4 layers.

Check STAR MARKETS' SPECIAL ON BACON THIS WEEK. Here's the best way to pan fry bacon. To fry 1/2 pound use a 10 inch skillet. Place desired number of pieces in a heavy skillet. Heat slowly. As the bacon heats, separate the slices so they will be flat in the pan. Do not overcrowd. Cook slowly. Do not let the bacon burn. Turn the slices with tongs. Remove each slice when it is well browned. Drain on absorbent paper. Allow 5 to 8 minutes for cooking. IMPORTANT: Keep bacon drippings in a covered jar in a cool place. Use for pan frying and seasoning vegetables. Or use in making griddle cakes or waffles. Bacon drippings should be used within 2 weeks.

Trudy McNall chooses

10 BEST

NANCE'S MUSTARD RECIPES

10 FAVORITE RECIPES USING NANCE'S MUSTARD

FESTIVE HAM

12-14 pound tenderized smoked ham
3/4 c. brown sugar
Whole cloves
1 T. flour
4 T. NANCE'S MUSTARD SUPREME

Bake ham, fat side up on rack in uncovered roasting pan. Add no water. Bake at 325 degrees for about 3 1/2 to 4 hours. Remove skin from ham and score fat in squares. Stud each square with whole cloves. Combine sugar, flour and Nance's Mustard. Spread ham with this mixture. Bake at 400 degrees for about 20 minutes or until golden brown and glazed.

MUSTARD HOLLANDAISE
(to serve with broccoli or asparagus)

2 T. butter
2 T. flour
1/4 t. salt
Dash pepper
1 c. milk
2 T. NANCE'S MUSTARD SUPREME
2 egg yolks, beaten
2 T. butter
1 T. vinegar

Melt 2 T. butter in saucepan, stir in flour, salt and pepper. Add milk a little at a time, stirring constantly. Cook over low heat, stirring constantly until thickened. Combine mustard and egg yolks a little at a time beating constantly. Add butter and vinegar, a little at a time, beating hard. Serve over hot broccoli or asparagus. Do not allow to stand.

PERFECT POTATO SALAD

2 1/2 c. sliced cooked potatoes
1 t. sugar
1 t. vinegar
1/2 c. chopped onion
1 1/2 t. salt
1/2 c. sliced celery
1/4 c. diced sweet pickle
1/2 c. mayonnaise
1/4 c. NANCE'S MUSTARD SUPREME
2 hard cooked eggs, sliced

Sprinkle potatoes with sugar and vinegar. Add onion and salt and remaining ingredients. Toss carefully. Chill thoroughly. Serve in lettuce lined bowl and garnish with parsley, radishes and cucumber slices. 4 servings.

NANCE'S DEVILED EGGS

4 hard cooked eggs
1/4 c. NANCE'S MUSTARD SUPREME
Paprika
Chopped parsley

Cut eggs in halves lengthwise. Remove yolks and mash. Add Nance's mustard to make a smooth paste of the yolks. Refill egg whites using a pastry tube if desired. Sprinkle with paprika and chopped parsley.

BROILED FISH FILLETS

1 t. salt
Dash pepper
2 T. salad oil
2 pounds fish fillets
4 T. NANCE'S MUSTARD SUPREME
1/4 c. butter
1/4 c. chopped parsley
1/4 c. lemon juice
1/2 t. salt
Paprika

Add salt and pepper to salad oil and mix well. Rub over fish. Broil about 4 minutes on each side or until fillets are well browned. Combine mustard, butter, parsley, lemon juice and salt. Spread half of mixture over fish and broil until sizzling and fish flakes easily with a fork. Serve with remaining sauce. 6 servings.

SCRAMBLED EGGS
"A breakfast treat"

6 eggs
6 T. Dairy sour cream
1 T. NANCE'S MUSTARD SUPREME
3/4 t. salt
Dash pepper
Paprika
2 T. butter

Whip eggs until well blended but not fluffy. Add remaining ingredients except butter. Melt butter in skillet and pour in egg mixture. Cook slowly until just barely set. Note: NANCE'S MUSTARD gives these eggs the magic taste. . .Sour cream makes them Oh, so smooth. . .

HAM TOASTIES WITH MUSTARD SAUCE
"A luncheon treat"

1 can cream of celery soup
2/3 c evaporated milk
2 T. NANCE'S MUSTARD SUPREME
6 slices toast
1/2 c. ground ham or 4 1/2 oz. can deviled ham

Combine in saucepan soup, evaporated milk and Nance's Mustard Supreme. Heat until very hot. Spread slices of toast with ground ham. Pour mustard sauce over toast. Makes 4 servings.

BROILED ONIONS WITH MUSTARD GLAZE

1/3 c. butter
3 T. NANCE'S MUSTARD SUPREME
1 quart small boiled onions, drained
Paprika

Melt butter, add mustard and stir until well blended. Add onions and heat. Sprinkle with paprika. Serves 5 to 6.

SPANISH RICE

2 T. butter
1 pound ground beef
1 medium onion, chopped
1 t. salt
1 t. seasoned salt
3 T. NANCE'S MUSTARD SUPREME
3 1/2 c. canned tomatoes
2 c. cooked rice

Melt butter, add beef and onion and cook until lightly browned. Combine remaining ingredients except rice. Pour into well buttered 2 quart casserole alternate layers of rice and meat tomato mixture. Bake at 375 degrees for about 45 minutes. If desired sprinkle with grated cheese before placing in oven. Serves 5 to 6.

NANCE'S MUSTARD SAUCE
(To serve with corned beef or sliced ham)

1/4 c. butter
1 medium onion, chopped
Dash pepper
3 T. flour
1 1/2 t. salt
4 T. NANCE'S MUSTARD SUPREME
2 egg yolks, beaten
1 1/2 c. milk
4 T. lemon juuce

Melt butter in top of double boiler. Add onion and cook until onion is soft. Add flour, pepper, salt and mustard. Add egg yolks and milk and cook over hot water, stirring constantly until smooth and thickened. Remove from heat, add lemon juice just before serving. Serve with corned beef or sliced ham.

LUNCH BOX SUGGESTIONS: Add Nance's Mustard to a mixture of chopped hard cooked eggs and mayonnaise, add Nance's Mustard to ground ham or beef with a little chopped pickle and mayonnaise. Add NANCE'S MUSTARD to Tuna Fish salad along with a little mayonnaise.

WATCH "HOME COOKING" • 9 A.M. • WROC-TV • Channel 5

TRUDY MC NALL'S

Rochester's FIRST Station

WROC-TV CHANNEL 5

A TRANSCONTINENT TELEVISION CORPORATION STATION

ROCHESTER BROADCASTING CENTER

201 HUMBOLDT STREET, ROCHESTER 3, N. Y.

2:30 P.M. INDEX OF RECIPES

January 1, 1958 - June 30, 1958

BREAD

Quick Breads

Banana Bran Muffins . . . . . Jan. 27
Bishops Bread "A Coffee Cake" . . . . . Jan. 21
Blueberry Muffins . . . . . June 17
Johnny Cake. . . . . May 30
Orange Date and Nut Bread . . . . . Jan. 7
Sour Cream Muffins . . . . . Feb. 25
Sour Cream Nut Bread . . . . . May 27
Quick Coffee Cake . . . . . Feb. 25
Yankee Waffles . . . . . Jan. 22

Yeast Breads

Hot Cross Buns . . . . . April 1
Orange Rolls. . . . . June 13
Pecan Rolls, 30-Minute. . . . . May 16
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Chocolate Cake and Ice Cream . . . . . April 18
Chocolate Spice Cake . . . . . March 3
Chocolate Cake, German . . . . . June 24
Chocolate Cake, Milk . . . . . June 10
Coconut Cake . . . . . June 16
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Gingerbread, Hawaiian . . . . . Jan. 13
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Chocolate . . . . . March 24
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Pineapple Drop . . . . . June 20

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Wonderful Frosting. . . . . May 2

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Shrimp Spaghetti Casserole . . . . . June 27
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JAM

Heavenly Strawberry . . . . . June 18

MEATS

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City Chicken . . . . . May 14
Cube Steak Rolls . . . . . May 13
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Frankfurters, Spicy Bake. . . . . May 6
Frankfurters, Spicy, Stuffed. . . . . April 28
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Lamb Chops, Herb Gravy. . . . . March 18
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Liver, Pan Fried . . . . . March 4
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Meat Loaf, Marvelous. . . . . May 12
Meat Loaf, Mother's. . . . . Jan. 28
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Pork Chops, Breaded, Pan Fried. . . . March 3

MEATS (Cont.)

Pork Chops, Cheese Puff . . . . . April 7
Pork Chops, Deviled . . . . . Jan. 20
Pork Chops, Dinty Moore . . . . . March 17
Pork Chops, Skillet . . . . . May 19
Sausage, Apple Noodle Casserole . . . . May 27
Sausage, Baked Link . . . . . Jan. 22
Salisbury Steaks, Broiled . . . . . Feb. 3
Saucy Steak . . . . . April 23
Swiss Steak, Onion . . . . . April 15
Tenderloins, Mock . . . . . April 9
Veal a la Suisse . . . . . April 16
Veal Chops, Hungarian . . . . . May 30
Veal Chow Mein . . . . . June 17
Veal Scallopini . . . . . Feb. 4
Veal Steak, Lemon . . . . . June 10

MEAT SUBSTITUTES

Eggs, Scrambled . . . . . Feb. 25
Cheese Souffle . . . . . March 24
Macaroni and Cheese . . . . . March 5
Manicotti, Tomato Sauce . . . . . June 20
Mushroom Lasagna . . . . . March 26
Mushroom Rarebit . . . . . Jan. 1
Welsh Rabbit Pie . . . . . March 10

PIES

Angel Food . . . . . Jan. 6
Apple . . . . . Jan. 31
Chocolate Pie Supreme . . . . . June 27
Chocolate Sundae Pie . . . . . April 8
Coconut Custard . . . . . May 5
Graham Cracker Crust . . . . . Feb. 28
Graham Cracker Crust . . . . . May 30
Jubilee Cherry . . . . . May 2
Lemon Chiffon . . . . . Feb. 28
Lemon Meringue . . . . . March 31
Macaroon Pineapple . . . . . Feb. 6
Meringue Pecan Shell . . . . . June 27

PIES (Cont.)

Pastry Mix . . . . . Jan. 31
Pecan Pie, Nyda's . . . . . June 18
Rhubarb Cream . . . . . May 26
Rhubarb Cream Chiffon . . . . . April 24
Strawberry Cream Puff Pie . . . . . May 23
Strawberry Sundae Pie . . . . . May 30
Strawberry Tarts . . . . . April 16

POULTRY

Baked Chicken Supreme . . . . . Feb. 26
Barbecued Chicken . . . . . April 29
Breast of Chicken with Rice . . . . . June 16
Broiled Chicken . . . . . May 28
Butter Crusted Broilers . . . . . June 25
Chicken a la Maryland . . . . . April 1
Chicken and Asparagus Casserole . . . . May 20
Chicken and Scalloped Vegetables . . . . . June 9
Patio Chicken . . . . . May 7

SALADS

Buffet Chicken . . . . . June 4
Crisp Cole Slaw . . . . . Jan. 14
Frankfurter Potato . . . . . June 23
Grapefruit . . . . . March 25
Party Aspic Ring . . . . . June 4
Potato, Perfect . . . . . June 11
Salmon Loaf . . . . . March 24
Tasty Salad Bowl . . . . . June 30
Tomato Aspic . . . . . May 9
Waldorf, Molded . . . . . Jan. 13
Winter Salad . . . . . March 15

SALAD DRESSINGS

Roquefort . . . . . April 28
Green Goddess . . . . . May 20
French Dressing . . . . . June 6

SAUCES

Cider, Sparkling . . . . . Feb. 24
Egg, Pimiento . . . . . Feb. 2
Hollandaise . . . . . March 31
Mustard, For Fish . . . . . Jan. 17
Strawberry . . . . . June 23
White Sauce, Medium . . . . . April 8
White Sauce, Thick . . . . . Feb. 3

SOUPS

French Onion . . . . . Jan. 29

VEGETABLES

Artichokes, Liberty Hall . . . . . April 14
Asparagus, Freezing . . . . . May 19
Asparagus, Sour Cream . . . . . April 8
Asparagus, Sour Cream . . . . . June 6
Beets, Orange Sauce . . . . . Jan. 7
Ciambotta, Liberty Hall . . . . . April 14
Corn, Mexican . . . . . May 5
Mushrooms, Stuffed . . . . . April 14
Onions, Fried . . . . . March 4
Peas, Freezing . . . . . June 18
Peas, French Style . . . . . May 21
Peas, Garden . . . . . June 3
Potatoes, Baked . . . . . April 9
Potatoes, Creamed with Peas . . . . . May 5
Potatoes, Creamed, Double Boiler . . . . Jan. 15
Potatoes, Escalloped . . . . . March 3
Potatoes, Half Shell . . . . . Jan. 20
Potatoes, Home Fried . . . . . June 30
Potatoes, Hashed in Cream . . . . . Feb. 3
Potatoes, Pan Browned . . . . . April 16
Potatoes, Paprika, Parsley . . . . . May 5
Potatoes, Temptation . . . . . May 2
Potatoes, Scalloped . . . . . Jan. 28
Spinach Molds . . . . . Jan. 24
Tomatoes and Corn . . . . . April [illegible]
Vegetable, Frozen Baking Chart . . . . March 21

Trudy McNall's

MENU OF THE WEEK

Prepared Especially for STAR

WATCH "HOME COOKING" **WROC-TV • Channel 5**

JANUARY 2, 1958

SWISS STEAK

6 Servings

2 pounds round steak	1/3 c. shortening
1 t. salt	2 onions, sliced
1/8 t. pepper	1 1/2 c. canned tomatoes
1/2 c. flour	2 carrots, diced

Pound seasoned flour into steak, turning and pounding the steak until all the flour is taken up by the steak. (This process is very important in making Swiss Steak—if pounding is complete the meat will be fork tender when done.) Melt shortening in heavy skillet, brown onions in the shortening and remove, brown steak on both sides in the hot shortening, place onions and diced carrots on top of steak. Pour tomatoes over all. Cover and cook slowly for 1 1/2 hours or until meat is tender. If preferred, meat may be baked (covered) in casserole in oven at a 325 to 350 degree temperature. NOTE: SWISS STEAK CAN BE REHEATED THE SECOND DAY. . .GOOD.

BONELESS ROLLED RUMP OR ROUND BEEF ROAST

6 Servings

3 pounds rolled rump or round beef	1 c. water
Flour	6 potatoes, cut in half
1/4 c. shortening	6 medium carrots, pared
2 t. salt	6 medium onions, peeled
1/4 t. pepper	1/4 c. flour

Dip the beef into the flour so it is coated on all sides. Brown the meat well in shortening in a Dutch oven or heavy kettle. Add salt and pepper and water. Slip a low rack under the meat. Cover and cook slowly for 2 hours; add more water if necessary to prevent burning. Add the vegetables and cook for 1/2 hour or more or until vegetables and meat are tender. Arrange the meat and vegetables on a hot platter. Add water to kettle to make 2 c. of broth. Mix the 1/4 c. flour with 1/2 c. cold water, stir and add slowly to broth. Boil 5 minutes. Taste and season more if necessary.

POTATO PATTIES

(A wonderful idea for leftover mashed potatoes)

To 3 c. mashed potatoes add 1 egg, well beaten; chill. Shape into patties, place on broiler pan. Dot with butter, sprinkle with onion salt. Brown under a broiler about 10 minutes, turning to brown on both sides, and brushing with additional butter if necessary. Serve with Swiss Steak.

JELLIED GRAPEFRUIT SALAD

(The tartness of this salad goes well with the richness of Swiss Steak or Pot Roast.)

1 1/2 T. unflavored gelatin	1/4 c. lemon juice
1/2 c. cold water	1/4 c. sherry (optional)
1/4 c. sugar	1/8 t. salt
1 c. unsweetened grapefruit juice	1 c. grapefruit sections, cut in half

Soften gelatin in 1/4 c. of cold water. Combine remaining 1/4 c. cold water and sugar, bring to boiling point. Add gelatin and stir until dissolved. Add grapefruit juice, lemon juice and sherry if desired. Add salt, stir occasionally and chill until partially set. Add grapefruit sections, pour into individual molds and chill until firm. Serve with mayonnaise or cooked salad dressing. Serve on crisp, green salad greens.

APPLE-BATTER PUDDING

6 c. thinly sliced, pared apples	1 egg, beaten
1 c. sugar	1/2 t. vanilla
1/2 t. cinnamon	1 c. flour
1/8 t. allspice	2 t. baking powder
2 T. butter or shortening	1/4 t. salt
	1/2 c. milk

Mix apples with 1/2 c. of the sugar and spices, arrange in well buttered 10 x 6 x 2" baking dish. Cream shortening with remaining sugar, add egg and vanilla and beat well. Sift flour, baking powder and salt, add alternately with milk to first mixture. Pour over apples. Bake 1 hour at 350 degrees. Serves 4 to 6.

Trudy McNall's

MENU OF THE WEEK

Prepared Especially for STAR

WATCH "HOME COOKING" **WROC-TV • Channel 5**

January 9, 1958

Roast Fresh Ham
Oven Browned Potatoes Baked Top Frost Green Beans
Golden Salad
Date Nut Pudding

ROAST FRESH HAM
(Full shank half, butt or whole ham)

Leg roasts from pork are often called fresh ham. Allow about 1/2 pound per serving. Place roasts fat side up on a rack in an open pan. Rub with 1/2 t. salt per pound or season after roasting. Slivers of garlic may be inserted into the roast if desired. DO NOT SEAR. ADD NO WATER. DO NOT COVER. Insert a roast meat thermometer if you have one through the fat side into the center of the roast. DO NOT LET THE TIP TOUCH A BONE. Roast in a slow oven at 325 degrees until the roast meat thermometer registers 185 degrees. This is well done. Allow about 55 to 60 minutes per pound. Plan on a 15 minute rest period out of the oven before carving. This allows time to make gravy. Keep roast hot in warm oven. ALWAYS COOK PORK WELL DONE. IT SHOULD BE GRAY WITH NO TINGE OF PINK.

How to Make Gravy: Part of the joy of pork roast is the full-flavored brown pork gravy. This can be done in the roasting pan after the roast is removed or the gravy can be made in a skillet. Pour off the clear melted fat into a bowl. Measure 2 T. of the fat and blend with 1 1/2 T. flour and 1 c. of water for each cup of gravy desired. About 3 c. of good gravy can be made from a 4 to 5 pound roast. And be sure to add the brown drippings in the roast pan. Season as desired.

OVEN BROWNED POTATOES

Peel as many potatoes as desired. Dip in melted fat. Arrange around meat or in a shallow pan. Bake uncovered with meat for 1 1/2 hours. Turn as potatoes brown, brush with additional fat if necessary.

TOP FROST GREEN BEANS

Place frozen vegetable in 1 1/2 quart casserole. Add 3 T. butter and sprinkle with 1/2 t. salt and a dash pepper. Cover and bake with ham and potatoes for 45 to 50 minutes. AVOID OVER-COOKING. Vegetables may be cooked on top of stove if oven space is limited.

GOLDEN SALAD

1 pkg. lemon gelatin	1/4 t. salt
1 c. hot water	1 c. crushed pineapple
1 c. pineapple juice	1 c. raw grated carrot
1 T. vinegar	Salad greens and mayonnaise

Dissolve gelatin in hot water. Add the juice drained from the pineapple, vinegar and salt. Chill until mixture begins to thicken. Fold in pineapple and carrots. Pour into individual molds and chill. Unmold on crisp salad greens and garnish with mayonnaise.

DATE NUT PUDDING

1 T. butter	1/2 c. milk
1/2 c. sugar	1 c. chopped pitted dates
1 c. flour	1/2 c. chopped nut meats
1 t. baking powder	1/2 t. vanilla
1/8 t. salt	2 c. boiling water
1/2 t. cinnamon	2 T. butter

1 c. brown sugar

Mix together the 1 T. butter and sugar. Sift flour, baking powder, salt and cinnamon. Add alternately with milk to first mixture. Stir in dates, nut meats and vanilla. Turn into a well buttered 9-inch glass baking dish or an 8 inch square pan. Combine boiling water, the 2 T. butter and brown sugar; bring to a boil, mix well and pour over batter. Bake at 350 degrees for 30 minutes, or at 325 degrees for 40 minutes. (Bake at lower temperature if you are baking with the meat as for an oven meal.) Serve warm with whipped cream or TOP FROST VANILLA ICE CREAM. When serving dip to the bottom of the dish to reach the delicious sauce. Note: The combination of cinnamon, vanilla, and brown sugar brings out the full flavor of the dates in this delicious pudding that makes its own sauce.

SHOPPING TIP: Check Star Markets value on stewing chickens this week. Here's how to cook: Place cut-up chicken in large kettle, for 4 1/2 to 5 pound fowl add 1 quart hot water, 1 piece celery, 1 slice of onion, 1 sprig parsley, 1 whole carrot and 1 T. salt. Bring to boiling point, cover tightly and simmer over low heat until tender. Turning heat up won't help, allow plenty of time to cook until tender, usually about 2 1/2 hours for 4 to 5 pound chicken. Let the meat cool in the liquid. When you remove the chicken you should have at least 2 c. gravy for Fricasee sauce, add water to make 2 c. if necessary.

FRICASSEE SAUCE (for 4)

4 T. chicken fat or butter	2 c. chicken stock
4 T. flour	1/2 c. cream or additional stock

Meat from 4 to 5 pound fowl
Salt and pepper to taste

Melt fat, add flour and cook until bubbly. Add chicken stock and cook until thickened, stirring constantly. Add cream. Season to taste and pour over chicken, or cut up chicken and add to hot sauce and serve in patty shells or over baking powder biscuits. Trudy's Tip: A bit of sage added to baking powder biscuits gives a talked-about flavor.

TRUDY MC NALL'S

Rochester's FIRST Station

WROC-TV CHANNEL 5

A TRANSCONTINENT TELEVISION CORPORATION STATION

ROCHESTER BROADCASTING CENTER

201 HUMBOLDT STREET, ROCHESTER 3, N. Y.

2:30 P.M.

HOME COOKING RECIPES, JANUARY 13 - 24, 1958

January 13, 1958

PORCUPINE BALLS (A Luncheon Casserole)

1 lb. ground beef
3/4 c. uncooked rice (regular)
1 egg
1 small onion, minced
1 t. salt
Dash pepper
1 T. Worcestershire sauce
1 can condensed tomato soup
1 c. water

Combine beef, rice, egg, onion and seasonings. Shape mixture into small balls, about 16. Combine soup and water in casserole. Drop balls into soup. Cover and bake at 350 degrees about 1 1/4 hours.

MOLDED WALDORF SALAD

1 T. unflavored gelatin
1/2 c. cold water
1 c. boiling water
1/3 c. sugar
1/2 t. salt
1/4 c. lemon juice
1/2 c. diced celery
2 c. diced, unpeeled apples
1/4 c. chopped walnuts

Soften gelatin in cold water, dissolve in boiling water. Add sugar, salt and lemon juice. Chill until mixture begins to thicken. Add remaining ingredients. Turn into individual molds. Chill until firm

GRANDMOTHER'S GINGER COOKIES

Thick cookies with crackled sugary tops. First demonstrated 9/8/53.

3/4 c. shortening
1 c. brown sugar
1 egg
1/4 c. molasses
2 1/4 c. flour
2 t. soda
1/4 t. salt
1/2 t. cloves
1 t. cinnamon
1 t. ginger

Cream shortening and sugar, add egg and mix well. Stir in molasses. Sift dry ingredients and add to first mixture. Roll dough into balls about the size of walnuts. Dip tops in granulated sugar. Place 3 inches apart on UNGREASED baking sheet. Bake at 375 degrees 10 to 12 minutes. Yield: 3 dozen.

January 14, 1958

DEVILED HASH

1/4 c. butter
2--1 pound cans corned beef hash
1/4 c. light cream
1/2 c. chili sauce
3 eggs
1/4 t. salt
2 T. Nance's Mustard Supreme
1 T. Old Dutch Mayonnaise
1/2 t. Worcestershire sauce
Paprika

Melt butter, pour into 7 x 11 inch pan. Spread hash in dish; pour over cream. Bake at 400 degrees for 30 minutes. Top with deviled eggs, filled side up. Place under broiler for a few minutes to brown eggs slightly. TO DEVIL EGGS: Cover eggs with cold water, bring to a boil, simmer 15 minutes. Plunge immediately into cold water and remove shells. Remove yolks and mash, add remaining ingredients except paprika. Fill halves of egg white with yolk mixture, sprinkle with paprika. Serves 6.

HAWAIIAN GINGERBREAD

1/4 c. butter
1/2 c. brown sugar
1 c. crushed pineapple
1/2 c. shredded coconut

Melt butter, add sugar and pineapple, simmer 5 minutes. Add coconut. Spread in bottom of 8 x 8 x 2 inch pan.

1 egg
1/2 t. salt
1/2 c. melted shortening
2 c. flour
1 t. soda
3/4 c. molasses
1/2 c. sugar
1 c. hot water
1/2 t. ginger
1/2 t. cinnamon

Beat egg slightly. Add salt, shortening, molasses and sugar. Mix well. Sift flour and spices, add and beat only until flour is blended into mixture. Dissolve soda in hot water and add. Pour batter over fruit-butter mixture. Bake at 350 degrees for 50 to 55 minutes.

CRISP COLE SLAW

(There are scores of ways to make cole slaw. This one is perfect, never gets soupy and can be kept in refrigerator, grows more crisp as it stands.)

Shred a small to medium head of cabbage. Put 3 T. vinegar in skillet. Add 2 T. mixed pickling spice and simmer for a few minutes. Add this steaming mixture to 1/2 c. mayonnaise to make a very thin dressing. Pour over the cabbage, add a little thyme and mix well. Salt and pepper to taste. Chill well before serving.

January 15, 1958

HAMBURGER ROLL-UPS

2 pounds hamburger
8 to 10 slices bacon
1/4 c. chopped onion
1 egg, beaten
1 c. shredded cheese
1/4 c. ketchup
1 T. Nance's Mustard Supreme
1 T. Worcestershire sauce
1 t. salt
1/8 t. pepper

Place bacon on waxed paper or a cutting board having strips just touch each other. Combine hamburger, onion, egg, cheese, ketchup and seasonings. Mix well. Press and roll into a 10-inch cylindrical shape and place on the bacon slices. Draw bacon slices around the meat and fasten with toothpicks. Slice in 1-inch rounds, allowing 1 slice bacon for each hamburger slice. Broil or pan-fry about 5 minutes on each side. Makes 8 to 10 servings.

DOUBLE BOILER CREAMED POTATOES

1 c. milk
4 c. diced raw potatoes
3 T. butter
Salt and pepper to taste

Combine all ingredients in top of double boiler, cook for 45 to 50 minutes. Stir occasionally. Sprinkle with paprika and chopped parsley before serving. Serves 4.

2-EGG CHOCOLATE CHIFFON CAKE

2 eggs, separated
1 1/2 c. sugar
1 3/4 c. cake flour
3/4 t. soda
3/4 t. salt
1/3 c. salad oil
1 c. buttermilk
2 squares chocolate, unsweetened

Grease and flour 2 round 8-inch layer cake pans or a 9-inch square pan. Beat egg whites until frothy. Gradually beat in 1/2 c. sugar, continue beating until very stiff and glossy. Sift remaining sugar, cake flour, soda, and salt into another mixing bowl. Pour in salad oil, half of buttermilk. Beat 1 minute on medium speed with mixer or 150 strokes by hand. Add remaining buttermilk, egg yolks, and melted and cooled chocolate. Beat 1 minute more. Fold meringue into batter gently. Bake at 350 degrees 30 to 35 minutes for layers, 45 minutes for square pan.

WHITE MOUNTAIN ICING

2/3 c. sugar
3 T. water
1/3 c. white corn syrup
2 egg whites
1 t. vanilla

Combine sugar, water and corn syrup. Stir until sugar is dissolved and mixture begins to boil. Boil without stirring to 242 degrees. Beat egg whites until stiff. Pour hot syrup slowly in a thin stream into beaten egg whites, beating constantly with electric or rotary beater until mixture stands in very stiff peaks. Add vanilla and spread on cake.

January 16, 1958

STAR MARKET DAY. . .Shop your nearest Star Market for specials of the week and ask for Trudy McNall's Menu of the Week.

INDIVIDUAL LEMON SOUFFLES

1 c. sugar	6 T. lemon juice
1/4 c. flour	1 T. grated rind
1/8 t. salt	3 eggs, separated
2 T. melted butter	1 1/2 c. milk

Blend sugar, flour and salt; add melted butter, lemon juice and rind and mix well. Stir in well beaten egg yolks and milk. Fold in stiffly beaten egg whites and pour into well buttered custard cups, place in pan of water and bake at 350 degrees about 45 minutes. Makes 8.

Note: Bake pork chops, potatoes and souffles together.

January 21, 1958

HUNGARIAN GOULASH

2 1/2 pounds beef, rump or round	1 c. ketchup
1/3 c. suet	1/2 t. dry mustard
1/2 c. chopped onions	1 T. paprika
2 c. water	2 T. brown sugar
1 T. salt	1 t. vinegar
1 t. Worcestershire sauce	2 T. flour
	1 package fine noodles

Cut meat into 1 inch cubes. Brown in suet with onion. Add water, ketchup and seasonings. Cover and cook over low heat for 2 hours or until meat is tender. Mix flour with 1/4 c. water and add to the hot mixture, stirring constantly until mixture is thick. In the meantime, cook noodles in boiling salted water. Drain. Mix with part of the sauce from the meat, and serve with the meat over them. This is a real he-man dish.

BISHOP'S BREAD "A Coffee Cake"

2 c. flour	1/2 t. salt
1 1/2 c. brown sugar	1/2 t. soda
1/2 c. shortening	2/3 c. buttermilk
1/2 c. chopped nuts	1 t. cinnamon

1 egg

Combine flour and brown sugar and salt. Cut shortening in with pastry blender to make coarse crumbs. Add nuts. Measure out 1/2 c. of crumb mixture for topping. Dissolve soda in sour milk or buttermilk, add to first mixture with well beaten egg to make a smooth batter. Add cinnamon. Pour into greased 9-inch square pan. Sprinkle reserved crumbs on top. Bake at 425 degrees for 10 minutes, reduce heat to 375 and bake until cake is done or about 25 minutes. Cake keeps well, delicious hot or cold. If desired, 1/2 c. currants or raisins may also be added.

January 22, 1958

YANKEE WAFFLES

3 c. flour	2 T. sugar
5 t. baking powder	4 eggs
1 t. salt	2 1/4 c. milk

2/3 c. melted shortening

Sift flour, baking powder, salt and sugar into large mixing bowl. Beat eggs until very light and add milk. Combine dry ingredients and liquid ingredients, beat only until well blended. Pour into measuring cup for easy pouring. Bake in moderately hot waffle iron until light goes out and waffles are done. Makes 4—4 section waffles.

BAKED LINK SAUSAGE
(Good way to cook a pound at a time)

Spread sausage (SCHRADER'S) links in shallow pan. Don't pile up. Bake in hot oven 400 degrees 20 to 30 minutes. Turn with tongs to brown evenly.

January 17, 1958

OVEN FRIED FISH

2 pounds steaks or fish fillets	1 1/2 c. dry bread crumbs
1/2 c. milk	1 t. paprika
2 t. salt	1 t. dry mustard
1 T. minced onion	1/4 c. melted butter

Combine milk, salt and onion in one dish. Combine bread crumbs, paprika and dry mustard in second dish. Dip fish, first in milk, then in crumbs. Place in well buttered baking dish. Drizzle butter over fish. Bake in hot oven 450 degrees for 20 to 25 minutes.

MUSTARD SAUCE

1 1/2 c. milk	1/8 t. pepper
1/4 c. butter	2 T. Nance's mustard
2 T. flour	1 egg, slightly beaten
2 t. salt	2 T. lemon juice

Scald milk. Combine butter, flour, pepper, mustard and salt. Add milk gradually and cook, stirring constantly until mixture is thick and smooth. Remove from heat, add a little of the hot mixture to beaten egg, stirring constantly. Return to heat and cook for 1 minute, stirring constantly. Add lemon juice, just before serving. Serve over fish.

APPLE CRUNCH

6 apples	1 c. flour
6 T. sugar	1 t. baking powder
1 t. cinnamon	1/4 t. salt
1 T. lemon juice	1 egg, well beaten
1 c. sugar	1 T. sugar

2 t. cinnamon

Pare, core and slice apples into greased 8" square pan. Sprinkle with the 6 T. sugar, cinnamon and lemon juice. Mix the 1 c. sugar, flour, baking powder and salt together. Add egg and mix with a fork until crumbly. Spread crumbs over apples. Sprinkle remaining sugar and cinnamon on top. Bake at 450 degrees about 30 minutes or until apples are tender.

Note: Bake fish and apple crunch together.

January 20, 1958

DEVILED PORK CHOPS

2 T. butter	1 t. salt
1/2 c. chili sauce	Dash cayenne pepper
1/2 c. ketchup	6 pork chops, cut 1 1/2 inches thick
2 T. Worcestershire sauce	2/3 c. water

1/4 c. Nance's Mustard Supreme

Have the pork chops cut 1 1/2 inches thick and allow 1 chop per person. Mix butter and seasonings to a paste and spread over the chops. Place in skillet and run under broiler and broil at low heat for 5 minutes. Pour remaining sauce over chops, add water and cover. Bake at 350 degrees for 2 hours. Skim fat from chops before serving.

POTATOES ON THE HALF SHELL

6 Idaho potatoes	1 egg
1/3 c. milk or cream	Salt and pepper
4 T. butter	1 T. minced onion

Paprika--Grated Parmesan cheese

Bake potatoes at 350 degrees for 1 1/2 to 2 hours or until done, depending upon size. Cut in half lengthwise and scoop out potato. Mash while hot, add the milk, beaten egg and butter and beat until very fluffy, adding more cream if necessary. Season to taste. Spread the shell with melted butter and pile potato lightly and high into it. Sprinkle with paprika and Parmesan cheese. Bake at 350 degrees until brown on top.

CHILLED RICE AND APPLE CREAM

3 apples	1/2 c. sugar
1 banana	2 c. cooked rice
1 T. lemon juice	3/4 c. whipping cream
18 to 20 marshmallows or 1/4 pound midget size	Maraschino cherries

Peel, core and dice apples. Peel and cube banana. Add lemon juice. Toss both fruits lightly. Cut large marshmallows in eighths, add with sugar to fruits. Add cooked rice and combine lightly. Chill in refrigerator until serving time, lastly fold in whipping cream, whipped. Pile in serving dish or individual sherbets, garnish with maraschino cherry. Serves 6 to 8.

January 23, 1958

STAR MARKET DAY. Time to shop for the best food buys of the week. In food, it's everything under the Stars. Don't forget to ask for recipes of the week.

January 24, 1958

BAKED-BROILED WHITE FISH

Place fish in shallow pan, sprinkle with salt and paprika. Brush with melted butter. Place about 1/3 c. water in bottom of pan for about 3 pound fish. Fish may be left whole or filleted. I prefer to have it in fillets. Bake at 375 degrees for about 15 minutes, then brush with more butter and place under broiler for several minutes or until fish is crisp on top. This is an excellent way to prepare fish, the fish is heated thoroughly, is extremely moist and crisp on top. So often when fish is broiled all the way it becomes dry. Try this interesting variation. DO NOT PEPPER FISH.

SPINACH MOLDS

2 1/2 c. chopped cooked spinach	1/4 t. nutmeg
1 c. milk	1 t. grated onion
3 T. butter	1 T. lemon juice
3 T. flour	2 eggs, well beaten
	1 t. salt

Combine all ingredients. Pour into well buttered custard cups. Place in a hot water bath and bake at 375 degrees until firm, about 30 minutes. Note: To bake spinach molds to serve with fish, start 15 minutes before putting fish in oven. When completing last step of fish, that is, the broiling, if broiler is in top of oven, just cover spinach molds with piece of aluminum foil during the broiling process.

DAVE'S BLACK WALNUT CAKE

First demonstrated 1/6/55. Made especially for Dave Kessler of WHAM. . .repeated especially for Dave.

1 1/2 c. brown sugar	1/2 t. salt
1/2 c. shortening	1 c. buttermilk
2 eggs	1 t. soda
2 c. cake flour	1 t. vanilla
1 t. baking powder	2/3 c. black walnuts, chopped

Cream sugar and shortening. Add eggs and beat well. Sift flour, baking powder and salt. Add dry ingredients alternately with sour milk to which soda has been added to sugar mixture. Add vanilla and black walnuts. Pour into 2 greased and floured 8 inch square pans. Bake at 375 degrees for 25 to 30 minutes. I like this cake sprinkled with confectioners sugar, it does not need frosting.

Trudy McNall's

MENU OF THE WEEK

Prepared Especially for STAR

WATCH "HOME COOKING" 2:30 P.M. WROC-TV • Channel 5

January 16, 1958

OVEN MEAL

Savory Meat Loaf
Oven Creamed Potatoes Succotash
Steamed Chocolate Pudding

SPECIAL FEATURE

Ladyfinger Strawberry Bavarian Icebox Mold

SAVORY MEAT LOAF

2 pounds ground beef	2 t. salt
2 eggs	Dash pepper
1 1/2 c. soft bread crumbs	1 T. Nance's Mustard Supreme
1/4 c. diced onion	1/2 c. milk
2 T. butter	1/4 c. ketchup

Combine ground beef, eggs and crumbs. Saute onion in butter, add to meat mixture with remaining ingredients. Pack into 9 1/2 x 5 1/4 x 2 1/4 inch loaf pan. Bake at 350 degrees for 1 1/4 hours. Trudy's Tip: The sauteing of the onion in the butter greatly improves the flavor of the meat loaf.

OVEN CREAMED POTATOES

4 c. raw diced potatoes	1 1/2 c. milk
4 T. butter	1 t. salt
3 T. flour	1/8 t. pepper

Put potatoes in greased baking dish. Melt butter, add flour and mix well. Gradually add milk and cook, stirring constantly until thickened. Add seasonings. Pour over potatoes, cover and bake at 350 degrees for 1 1/4 hours. Uncover during last 15 minutes, if desired, to brown slightly.

STEAMED CHOCOLATE PUDDING

3 T. shortening	4 1/2 t. baking powder
2/3 c. sugar	1/4 t. salt
1 egg	1 c. milk
2 c. flour	2 1/2 squares chocolate, melted

Cream shortening, add sugar and mix well. Add egg. Sift flour, baking powder and salt. Add alternately with milk to first mixture. Stir in chocolate. Pour into well greased 2 quart mold or casserole. Bake covered at 350 degrees for 1 1/4 hours. Serve with whipped cream.

Note: To complete this meal, add a crisp salad, cabbage and carrot or tossed, bread, butter, and a beverage.

SUCCOTASH

Check STAR MARKET's value on TOP FROST Succotash this week. Stock up your freezer, also, on TOP FROST Cauliflower. To bake succotash, place vegetable, frozen, in 1 1/2 quart casserole. Dot with 2 T. butter, sprinkle with salt and pepper. Pour 3 T. water over all. Bake covered at 350 degrees for 40 minutes.

SPECIAL FEATURE: Star Markets offer 5 boxes frozen Strawberries for $1.00. Time to stock up the freezer. Here's a Party Pretty Dessert.

LADYFINGER STRAWBERRY BAVARIAN ICEBOX MOLD

1 box frozen strawberries	1/4 t. salt
3/4 c. sugar	2 T. unflavored gelatin
1/2 c. egg whites	1/2 c. cold water
1 c. heavy cream, whipped	3 dozen lady fingers

Combine berries (partially thawed), sugar and egg whites with salt in large bowl. Beat with electric mixer at high speed for about 10 minutes or until mixture is quite stiff. Meanwhile, soften gelatin in cold water then dissolve over hot water. Let stand until lukewarm. Fold dissolved gelatin into first mixture, fold in whipped cream. Line spring pan with ladyfingers, holding them into position with a dab of butter, keeping fingers as close together as possible. Carefully pour filling into pan. Garnish top with 8 ladyfingers, having flat side down, arranging them to simulate a flower. Chill for at least 8 hours. To serve: Go around mold with a spatula, remove sides of pan. Keep cake on bottom of pan for better support. Arrange on a large platter. The dessert is very attractive if sprinkled with sifted confectioners sugar before it is placed in refrigerator to set. Also sprinkle sides of cake just before it is placed on serving platter.

Trudy's Tip: You will need a 9" spring pan for this dessert. If you do not have one, you can make your own thus: Materials needed: Heavy aluminum foil, 9 inch round cake pan, heavy cardboard, ruler, pencil, scissors. Cut two strips of aluminum foil 2 x 16 inches and criss-cross them in the 9 inch cake pan. Cut a strip of cardboard 3 x 30 inches, and a cardboard circle that will fit inside the pan. Cover cardboard with foil, cover the long cardboard strip with foil. Drop circle into pan, curve foil-covered strip to fit inside pan, overlap the ends and fasten with paper clips. Now pan is ready to use. When serving dessert, pick up the foil strips and lift dessert out, pull off the paper clips and remove foil-covered cardboard strip.

TRUDY MC NALL'S

Rochester's FIRST Station

WROC-TV CHANNEL 5

A TRANSCONTINENT TELEVISION CORPORATION STATION

ROCHESTER BROADCASTING CENTER

201 HUMBOLDT STREET, ROCHESTER 3, N. Y.

2:30 P.M.

HOME COOKING RECIPES, January 27 - February 7, 1958

January 27, 1958

FANCY STUFFED FLANK STEAK

6 to 8 Servings

2 beef flank steaks, (about 1 pound each)	1 T. chopped onion
1 can (4 ounces) mushrooms	1/2 t. salt
1 package (10 ounces) frozen chopped spinach, cooked and well drained	1 c. cooked rice
	3 T. shortening
	1 can (10 1/2 ounces) condensed mushroom soup
	1/4 c. water

Pound or lightly score flank steak on both sides. Drain and chop mushrooms reserving liquid. Combine mushrooms, spinach, onion, salt and rice. Spread half the mixture (about 1 cup) on each flank steak and roll as a jelly roll. Tie steaks with string and brown in shortening. Pour off drippings. Combine soup, mushroom liquid and water. Pour over steaks. Cover and cook slowly 1 1/2 hours or until tender.

Menu Suggestion: Fancy Stuffed Flank Steak, Mushroom Gravy, Whipped Potatoes, Tossed Green Salad, Spiced Peaches or other fruit, Banana Bran Muffins, Boston Cream Pie, Beverage.

BANANA BRAN MUFFINS

1 c. flour	1/2 c. sugar
1 1/2 t. salt	2 eggs, well beaten
1 1/2 t. baking soda	2 c. all bran
1/4 c. shortening	1/2 c. buttermilk

6 bananas, diced

Sift flour, salt and soda. Cream shortening and sugar, add eggs, bran and buttermilk. Add bananas and stir into the flour mixture. Drop into greased muffin tins three fourths full. Bake at 375 degrees for 30 to 35 minutes.

BOSTON CREAM PIE

2 eggs	1 T. butter
1 c. sugar	1/2 c. hot milk
1/4 t. salt	1 c. flour
1 t. vanilla	1 t. baking powder

Beat eggs until very light. Beat in sugar and continue beating until thick. Add salt and vanilla. Melt butter in hot milk. Sift flour and baking powder together. Add hot milk to egg mixture, then quickly stir in flour. Pour into greased and floured 9 inch cake pan. Bake at 350 degrees for 30 minutes. When cold, split layer and spread with cream filling. Spread thin chocolate icing over top layer. Serve like pie in wedges.

Cream Filling: (A smooth, rich, creamy filling)

3 T. sugar	3/4 c. milk
2 t. cornstarch	3 egg yolks, slightly beaten
Dash salt	1 t. vanilla

Combine sugar, cornstarch and salt, add milk. Cook, stirring constantly until thick and smooth. Add a little of the hot mixture to egg yolks, blend into hot mixture. Cook for about 1 minute, stirring constantly. Chill before using on cake.

Thin Chocolate Icing:

2 T. shortening	1 c. confectioners sugar
2 squares unsweetened chocolate	2 T. boiling water

Melt shortening and chocolate together. Blend in sugar and boiling water. Beat until smooth, spread over top layer of Boston Cream Pie.

January 28, 1958

MOTHER'S FAVORITE MEAT LOAF

2 pounds ground beef	2 T. minced onion
1/4 pound salt pork, chopped fine	1/4 t pepper
	2 t. salt
2 eggs, slightly beaten	1 c. soft bread crumbs
1 c. milk	1 T. chopped parsley
3 T. butter	2 strips bacon
1/4 c. ketchup	

Mix meat, salt pork, eggs, milk, butter, ketchup, onion, seasonings, bread crumbs and parsley. Pack into buttered loaf tin (8 x 4 inches). Cover with strips of bacon. Bake at 350 degrees for 60 minutes or until it is well browned and shrinks from sides of tin. Note: Meat loaf can be really delicious, the trouble is most people overbake it, using too hot an oven which makes it hard and dry. Try this recipe. It's really good meat loaf.

Note: At home Meat Loaf always called for scalloped potatoes. Here's a recipe that will not curdle.

SCALLOPED POTATOES

6 medium sized potatoes	1/8 t. pepper
	1/4 c. butter
2 T. flour	3 c. milk
1 t. salt	

Slice potatoes thin. Pour boiling water over them for 2 minutes. Combine flour, salt and pepper, melt butter, add flour and mix until bubbly. Stir in milk and cook, stirring constantly until thick and smooth. Pour over potatoes and cook slowly, uncovered for 5 minutes. Pour into buttered 2 quart casserole, bake uncovered at 350 degrees for 45 minutes or until potatoes are tender and top is golden brown.

BAKED LEMON PUDDING

(A dessert to bake with the meat loaf and potatoes. The top is cakelike with a soft lemon custard beneath which provides the sauce for the pudding.)

1 1/2 c. sugar	2 t. grated lemon rind
1/2 c. flour	1/4 c. lemon juice
1/2 t. baking powder	2 T. melted butter
1/4 t. salt	1 1/2 c. milk
3 egg yolks, beaten until light	3 egg whites

Sift 1 c. sugar with flour, baking powder and salt. Add lemon rind, juice, butter and milk to egg yolks. Beat well. Stir in flour mixture and beat until smooth. Beat egg whites until stiff, add remaining sugar and beat to form a stiff meringue. Fold into first mixture. Pour into buttered 2 quart baking dish. Set in pan containing 1/2 inch hot water. Bake at 350 degrees for 45 minutes. Serves 6.

January 29, 1958

FRENCH ONION SOUP

4 T. butter	2 T. flour
1/2 clove garlic, minced	2 quarts chicken stock
	1/2 c. dry white wine
5 large onions, peeled and sliced	Salt and pepper

Garnish:

24 thin slices French bread	Butter
	Grated Parmesan cheese

Heat butter and garlic in large saucepan. Add onions and cook until golden brown, stirring frequently. Sprinkle flour over the onions. Add the stock and wine and simmer for 15 minutes or until onions are tender. Butter the bread; sprinkle with Parmesan cheese. Bake in 350 degree oven 10 minutes or until golden brown. Pour soup in hot soup plates, float 3 pieces of bread in each plate. Pass grated Parmesan cheese. Trudy's Tip: Make this hours, even days, in advance. It improves with age.

DELICIOUS DATE SQUARES

2 c. dates, cut fine	1 c. flour
1/2 c. brown sugar	1 t. baking soda
1 c. water	2 c. Wheaties
1 T. flour	1 c. brown sugar
1 t. vanilla	3/4 c. melted butter

Combine dates, the 1/2 c. brown sugar, water and flour. Cook until thick, stirring occasionally. Combine remaining ingredients. Spread half the flour mixture in buttered 9 inch square pan. Cover with date mixture. Spread other half of flour mixture over top of date mixture. Bake at 350 degrees for 20 to 25 minutes. Cool before cutting into squares. Makes 25.

January 30, 1958

STAR MARKET DAY. Shop your nearest Star Market for Top Values of the week. Ask for Trudy McNall's special menu of the week, prepared exclusively for STAR.

January 31, 1958

BROILED LOBSTER TAILS

Thaw the lobster tails partially. Split along the top hard shell with a heavy knife and cut through flesh of lobster tail, do not cut through underneath membrane. Open tails butterfly fashion. Turn shell side up and broil 5 minutes. Turn flesh side up and spread with butter, sprinkle with paprika. Broil 6 minutes if tails are under 10 ounces. Broil 9 minutes on flesh side for larger tails. Serve with melted butter and lemon wedges.

PASTRY MIX

6 c. Daisy Pastry Flour or 5 1/2 c. all-purpose flour
1 T. salt
2 c. vegetable shortening

Sift flour with salt. Cut in shortening as for pastry. Store in covered jar in refrigerator or cool cupboard. For 2 crust pie use 2 1/2 c. mix with just enough water to moisten.

APPLE PIE

5 to 6 c. sliced apples
1/2 c. white sugar
1/2 c. brown sugar
3/4 t. cinnamon
1 T. flour
2 T. butter

Roll 1/2 the dough to about 1/8 inch thickness and line 9 inch pie plate. Combine sugars, cinnamon and flour. Sprinkle 1/3 of the sugar mixture on bottom of crust. Arrange sliced apples in pie shell. Sprinkle remaining sugar mixture over top of apples. Dot with butter. Roll out remaining pastry, making gashes or a design to allow steam to escape, place over apples. Seal edges of crust and flute. Brush with light cream or milk. Bake at 450 degrees for 20 minutes, then reduce temperature to 350 degrees for 30 minutes. Total baking time about 50 minutes.

February 3, 1958

BROILED SALISBURY STEAKS

1 pound ground beef
3/4 c. thick white sauce*
1/2 c. dry bread crumbs
1 t. salt
1/4 t. garlic salt
Dash pepper

Combine all ingredients. Shape into 4 oval patties. Place on well greased baking sheet. (Best not to use regular broiling pan for this purpose to keep meat more moist.) Brush top with melted butter. Broil about 3 inches from heat about 5 to 6 minutes on each side for well done, reduce time for medium. Serve plain or with sauteed mushrooms on top.

*THICK WHITE SAUCE

3 T. butter
3 T. flour
1 c. milk

Melt butter, add flour, then milk. Cook until thickened, stirring constantly. DO NOT SEASON. Note: Hamburg prepared this way is unusually moist.

OATMEAL COOKIES

2 c. flour
1/4 t. baking soda
1 t. salt
1/2 t. cinnamon
1/2 t. cloves
1 c. shortening
1 1/2 c. brown sugar
2 eggs, well beaten
1 1/2 c. rolled oats
1 c. chopped nuts
1 c. seeded raisins, cut
1/4 c. buttermilk

Mix flour, soda, salt, cinnamon and cloves. Cream shortening and sugar, add eggs. Add rolled oats, nuts and raisins. Add dry ingredients alternately with buttermilk. Drop by teaspoonfuls onto lightly greased baking sheet. Flatten dough with a tumbler covered with damp cloth. Bake at 325 degrees for 12 to 15 minutes. Makes 5 dozen.

POTATOES HASHED IN CREAM

3 c. diced cooked potatoes
2 c. light cream or rich milk
3 T. butter
Salt and pepper

Dice potatoes in small even sized cubes. Melt butter in heavy skillet, add potatoes and stir over medium heat until butter is absorbed. Add cream and cook over low heat about 20 minutes, until mixture is thick. Season to taste. 6 servings.

February 4, 1958

CREAMED DRIED BEEF

1/4 pound sliced dried beef
4 T. butter
3 T. flour
Dash pepper
2 c. milk
Paprika and parsley

Tear beef in pieces. Melt butter in frying pan, add beef and saute until light brown. Sprinkle flour and pepper over beef and blend well. Add milk slowly, stirring constantly over low heat until mixture thickens and boils. Serve on baked potatoes, toast or hot biscuits, sprinkle with paprika and chopped parsley.

ORANGE DELIGHT

3/4 c. orange juice
1/2 pint cream, whipped
1/2 pound midget marshmallows

Add marshmallows to orange juice, bring to boiling point. Stir occasionally until marshmallows are melted. Let stand until mixture begins to thicken, fold in whipped cream and refrigerate until serving time. Note: If using regular marshmallows cut into small pieces to facilitate melting.

BEST GINGERSNAPS

1 c. sugar
3/4 c. shortening
1/4 c. molasses
1 egg
2 c. flour
1 1/2 t. baking soda
1/2 t. salt
1 t. cinnamon
1/2 t. cloves
1/4 t. nutmeg
1 1/2 t. ginger
1/3 c. sugar

Cream sugar and shortening. Add molasses and egg and mix well. Sift flour, soda, salt and spices. Add to creamed mixture. Blend well. Roll small portions of dough between palms of hands into small balls about the size of a walnut. Roll balls in remaining 1/3 c. sugar. Place 2 inches apart on lightly greased cookie sheet. Bake at 375 degrees for 12 to 15 minutes. Remove from cookie sheet immediately. Makes 4 1/2 dozen.

February 5, 1958

VEAL SCALOPPINI

1/4 c. flour
1/2 c. grated Parmesan cheese
1 t. salt
1/8 t. pepper
2 T. salad oil
1/2 c. dry white wine
1/2 c. consomme
1 T. lemon juice
Parsley
1 1/2 pounds veal cutlets, sliced 1/4 inch thick and cut into 2 inch strips

Mix flour, cheese, and seasonings. Sprinkle meat with mixture and pound into it. Brown lightly on both sides in heavy skillet with the salad oil. Add wine, consomme and lemon juice. Cover and simmer about 30 minutes. Sprinkle with chopped parsley.

CHOCOLATE CAKE

2 squares chocolate
1/2 c. boiling water
2 eggs
1 1/2 c. sugar
Pinch salt
1/2 c. butter or shortening
1 t. vanilla
3/4 c. buttermilk
1 t. baking soda
1 1/2 c. flour

Melt chocolate in boiling water, cool. Beat eggs well, cream sugar and butter, add salt and eggs. Add cooled chocolate mixture and vanilla. Dissolve soda in buttermilk, add alternately with flour. Bake in greased and floured 9 inch square pan at 375 degrees about 45 minutes. Frost with white icing and if desired drizzle melted bitter chocolate over the top.

WONDERFUL FROSTING

1 1/2 c. sugar
1/3 c. water
2 T. white Karo
2 egg whites, beaten stiff
3 T. confectioners sugar

Combine sugar, water and Karo. Cook to 238 degrees. Add slowly to egg whites which have been beaten stiff. Beat until the icing is like heavy cream. Add confectioners sugar and continue beating until of spreadable consistency. This is a soft - on - the - inside, crusty - on - the - outside icing that never fails. Leftovers may be refrigerated, then heated in warm water to lukewarm and used as needed.

February 6, 1958

Shop STAR MARKETS today. Ask for Trudy's special menu of the week.

February 7, 1958

FISH FILLETS MORNAY

1 1/2 pounds fish fillets
1 t. salt
1/8 t. pepper
4 T. butter
4 T. flour
1 T. NANCE'S Mustard Supreme
1/2 t. salt
Dash cayenne
1 1/2 c. milk
1 c. (1/4 pound) grated cheese or 1/2 c. grated Parmesan cheese

Cut pieces of fish into serving portions. Arrange on buttered ovenproof platter and sprinkle with the 1 t. salt and the 1/8 t. pepper. Melt butter, stir in flour, mustard, salt and cayenne. Add milk, slowly stirring constantly until mixture thickens and boils. Add cheese and stir until cheese is melted. Pour sauce over fish and bake in hot oven 450 degrees, until fish flakes when tried with a fork and sauce bubbles and browns. Yield: 6 servings.

A PIE FOR SUNDAY DINNER

MACAROON PINEAPPLE PIE

1/2 c. sugar
1/2 c. DAISY Pastry Flour
1/2 t. salt
2 c. milk
3 eggs
1 c. crushed dry macaroons
1/2 c. crushed pineapple
1 t. vanilla
1 c. heavy cream

Mix together the sugar, flour and salt. Gradually add the milk and cook, stirring constantly until thickened. Remove from heat. Beat eggs, add a little of the hot mixture to the eggs, then add eggs to mixture, return to heat and cook for several minutes stirring constantly. Add macaroons, pineapple and vanilla. Cool, pour into baked 8 inch pie shell. Just before serving top with heavy cream, whipped.

TRUDY MC NALL'S

Rochester's FIRST Station
WROC-TV
CHANNEL 5
A TRANSCONTINENT TELEVISION CORPORATION STATION
ROCHESTER BROADCASTING CENTER
201 HUMBOLDT STREET, ROCHESTER 3, N. Y.

2:30 P.M.

HOME COOKING RECIPES, FEBRUARY 10 - 21, 1958

February 10, 1958

BUTTERMILK FRIED CHICKEN

1/2 c. flour
1/2 t. paprika
1/2 t. curry powder
1/2 t. salt
1/8 t. pepper
3 pound frying chicken, cut up, or chicken parts (4 legs and thighs)
2/3 c. buttermilk
Fat for frying

Combine flour, paprika, curry powder, salt and pepper. Dip each piece of chicken first in the buttermilk then in seasoned flour. Heat shortening enough to make 1/4 inch in skillet. Brown chicken in the fat a few pieces at a time. Arrange on rack in shallow baking pan. Bake, uncovered at 350 degrees for 40 to 50 minutes or until chicken is tender. Blend into the pan drippings some of the remaining seasoned flour and additional buttermilk to make a cream gravy. Serves 4.

BUTTERMILK BISCUITS

2 cakes yeast or 2 pkgs. active dry
1/4 c. warm water
2 T. sugar
4 c. flour
2 t. baking powder
2 t. salt
1/4 c. shortening
1 1/4 c. buttermilk
Melted butter

Sprinkle yeast or dissolve cakes yeast in warm water, add sugar, stir until dissolved. Sift flour, baking powder and salt. Add shortening and cut in with pastry blender until pieces are very fine. Add buttermilk and yeast; mix to a stiff dough. Turn out on lightly floured board and knead for a few seconds. Roll out dough to a 1/2 inch thickness. Cut into biscuits. Place barely touching each other in a greased 9 inch square pan. Prick the tops several times with a fork, brush with butter. Let rise until very light and double in bulk, about 30 minutes. Bake at 425 degrees for 12 minutes. Makes 2 dozen.

CRUNCH TOP APPLE PIE

6 medium sized tart apples
9 or 10 inch unbaked pastry shell
1 c. sugar
1 c. graham cracker crumbs
1/2 c. flour
1/2 c. chopped walnuts
1/2 t. cinnamon
1/4 t. salt
1/2 c. butter
1/2 pint whipping cream

Pare, quarter and slice apples; arrange in unbaked pie shell. Combine sugar, graham crackers, flour, nuts, cinnamon and salt; sprinkle over apples. Melt butter and pour evenly over topping. Bake at 350 degrees for 1 hour or until apples are tender. Decorate with whipped cream. Serve warm or cold.

(Try this pie soon, the topping is both crunchy and moist because the melted butter is poured over the topping rather than mixed with it.)

February 11, 1958

BEAUTIFUL BEEF

(For Pat Landon--Program Director WHAM)

3 pounds beef tenderloin
1 pound fresh mushrooms, sliced
1/4 c. butter
1/4 c. salad oil
1/2 c. finely chopped onions
1 clove garlic, finely chopped
1 can beef consomme (condensed)
1 c. burgundy wine
Salt and pepper
Baby whole carrots
Chopped parsley

Cut tenderloin into slices about 1/2 inch thick. Put butter and salad oil in frying pan. Saute tenderloin slices quickly, browning only enough pieces to cover the bottom of the pan at a time. Remove beef slices to platter. Saute onions, mushrooms and garlic in same pan until mushrooms are tender. Add consomme and wine and simmer 10 minutes. If thickened sauce is preferred combine 3 T. butter and 3 T. flour and stir into hot broth. Season to taste. Add tenderloin slices and simmer 10 minutes. Garnish platter with tiny whole carrots and chopped parsley.

CAESAR SALAD

1/2 clove garlic
2 T. salad oil
3/4 c. 1/4 inch bread cubes
Assorted salad greens
2 T. grated Parmesan cheese
3 T. lemon juice
2 T. crumbled Roquefort cheese
1/4 c. salad oil
1 t. Worcestershire sauce
3/4 t. salt
Dash pepper
1 small egg

Let garlic stand in the 2 T. salad oil for several hours. Toast bread cubes in oven at 300 degrees until golden brown. Tear greens into large pieces, sprinkle with Parmesan cheese and Roquefort cheese. Mix together the 1/4 c. salad oil and Worcestershire sauce, salt and pepper. Pour over salad greens. Break egg (don't beat) over greens, pour on lemon juice. Toss lightly until all trace of egg is gone. Remove garlic from salad oil, toss bread cubes in garlic flavored oil, add to salad. Serve immediately. 3 servings.

LINCOLN LOG (Ice Cream Cake Roll)

5 egg whites
1/2 t. cream of tartar
1/2 c. sugar
5 egg yolks
1/2 c. sugar
1/4 c. flour
3 T. cocoa
1/4 t. salt
1 t. vanilla
1 quart peppermint ice cream
1 c heavy cream, whipped

Beat egg whites and cream of tartar until stiff but not dry. Gradually beat in 1/2 c. sugar. Beat egg yolks until thick and lemon colored. Sift together remaining 1/2 c. sugar, flour, cocoa and salt; stir into egg yolks till blended; stir in vanilla. Carefully fold yolk mixture into egg-white mixture. Line bottom of 15 1/2 x 10 1/2 x 1 inch jelly roll pan with waxed paper. Grease paper lightly. Bake at 325 degrees 25 minutes or till cake springs back when lightly touched. Cool 5 minutes; turn out onto towel sprinkled with sifted confectioners sugar. Peel off waxed paper quickly but carefully. Cool to lukewarm. Trim off side crusts with very sharp knife. Roll cake with towel, jelly roll fashion. When cake is cold, unroll. Stir ice cream to soften, spread on cake, roll up as jelly roll. Wrap in waxed paper and freeze. Remove waxed paper and frost with whipped cream tinted pink or green to match ice cream if desired. Trim with jelly candy strings cut in half. Place in freezing compartment until serving time. 12 servings.

February 12, 1958

APPLE GLAZED PORK LOIN

1 T. flour
1 t. salt
Dash pepper
3 1/2 to 4 pound roast
2 c. sweetened apple sauce
1/4 c. brown sugar
1/2 t. cinnamon

Combine flour and seasonings. Rub into roast. Place fat side up in shallow roasting pan. Do not add water, do not cover. Roast at 325 degrees 35 to 40 minutes per pound. About 1 hour before roasting time is up, spread combined applesauce, sugar and cinnamon over meat. Return to oven to complete roasting. Garnish with pineapple slices topped with crabapples and parsley. 6 to 8 servings.

VALENTINE COOKIES

2/3 c. shortening
2/3 c. sugar
2 eggs
1 t. vanilla
2 c. cake flour
1 1/2 t. baking powder
1/2 t. salt

Cream shortening and sugar. Add eggs and vanilla. Sift flour, baking powder and salt and add. Roll dough out to 1/8 inch thickness. Cut into heart shapes. Place on cookie sheet. Brush with milk and sprinkle with red sugar. Bake 8 to 10 minutes at 400 degrees. Note: Cookies may be baked without sugar and then iced with red frosting. Use pastry tube to write names or messages on cookies if desired.

VALENTINE GELATIN DESSERT

1 pkg. cherry or raspberry gelatin
1 1/2 c. hot water
1/2 c. cherry or raspberry preserves
1 c. heavy cream, whipped

Dissolve gelatin in hot water. When partially set, beat over ice water until fluffy. Fold in preserves and whipped cream. Chill until firm. When ready to serve spoon into dessert dishes.

February 13, 1958

Shop your nearest Star Market for TOP VALUES. In food it's Everything under the Stars. Ask for Trudy McNall's Menu of the week.

February 14, 1958

MANHATTAN CLAM CHOWDER

3 slices bacon, finely diced
4 c. boiling water
1 1/2 t. salt
2 c. diced potatoes
1 c. finely diced carrots
1 c. finely diced celery
1 c. finely chopped onion
1 c. stewed tomatoes
1--10 1/2 ounce can finely chopped canned clams
3/4 c. strained clam juice
3 T. butter
3 T. flour

Cook bacon slightly; add boiling water, salt, potatoes, carrots, celery and onions; simmer uncovered 15 minutes or until vegetables are nearly tender. Add clams and juice, and tomatoes. Melt butter, blend in flour and carefully stir into chowder. Simmer another 15 minutes. 6 servings.

GARLIC CRISPS
(A delicious soup partner)

Slice hard rolls crosswise. Brush with garlic butter. Heat in oven until crusty.

BANANA PRUNE CAKE
(Moist and delicious)

2/3 c. shortening
2 1/2 c. cake flour
1 1/2 c. sugar
1 t. baking powder
1 t. soda
1 t. salt
1 c. mashed bananas (2 or 3 bananas)
2/3 c. milk
2 eggs
1 c. pitted cooked prunes cut in small pieces
1/2 c. chopped nuts

Stir shortening to soften. Sift into shortening cake flour, sugar, baking powder, soda and salt. Add bananas and half the milk. Beat vigorously for 2 minutes. Add eggs and remaining milk, beat 2 minutes. Fold in prunes and nuts. Pour into greased and floured 13 x 9 x 2 ingh pan. Bake at 350 degrees 40 to 50 minutes. Frost with brown sugar icing and decorate with walnut halves.

BROWN SUGAR FROSTING

1/2 c. butter
1 c. brown sugar
1/4 c. milk
1 1/2 c. confectioners sugar

Melt butter, add brown sugar and bring mixture to a boil. Add milk and mix well. Add confectioners sugar a little at a time, beating consistently until of spreadable consistency, about 2 minutes.

February 17, 1958

GLAZED HAM LOAF

1 pound ground fresh pork
1 pound ground uncooked ham
2/3 c. dry bread crumbs
1/2 c. chopped onion
1/2 c. milk
1 egg
Dash pepper
1/2 c. brown sugar
Nance's Mustard Supreme

Combine meats, bread crumbs, onion, milk, egg and pepper. Press into 8 1/2 x 4 1/2 x 2 1/2" loaf pan; then turn out into 10 x 6 x 1 1/2 inch dish. Bake at 350 degrees for 45 to 50 minutes. Combine brown sugar and just enough Nance's mustard to make a paste. Spoon over ham loaf and bake 30 minutes longer, basting 2 or 3 times. 6 servings.

CHERRY CAKE DESSERT
(Bake with Ham Loaf)

1 No. 2 can pitted tart red cherries
Red food coloring
1/4 c. shortening
1/2 t. vanilla
1/4 t. almond extract
3/4 c. sugar
1 egg
1 1/3 c. flour
2 t. baking powder
1/2 t. salt
1/2 c. milk
1/2 c. chopped walnuts
1/2 c. sugar
1 1/2 T. cornstarch
Dash salt
Reserved cherry liquid
Water

Drain cherries, reserving liquid. Add water to make 1 c., add red food coloring. Cream shortening, flavorings and sugar. Add egg and beat well. Sift dry ingredients, add alternately with milk, beating until smooth. Fold in drained cherries and nuts. Pour into greased and floured 8 inch square pan. Bake at 350 degrees 45 to 50 minutes. Cut in squares, serve warm with cherry sauce. To make cherry sauce combine 1/2 c. sugar with cornstarch and dash salt, gradually add 1 c. cherry liquid. Cook stirring constantly until thick and smooth.

February 18, 1958 - Shrove Tuesday

FASSNACHT KUCHE

(Shrove Tuesday, the day before Ash Wednesday, ushering in the Lenten season is the German Fassnacht. The baking of Fassnacht is a custom that was brought from across the sea by our Palatine forefathers and continues in Pennsylvania and in the Palatinate to this day.)

1 1/4 c. milk
1/4 c. shortening
1 t. salt
1 yeast cake, compressed
3 eggs, beaten
3/4 c. sugar
1/4 t. nutmeg
4 1/2 to 5 c. flour

Scald milk, add shortening and salt. Cool milk to lukewarm; add crumbled yeast and stir. Gradually add about half the flour, beating batter thoroughly. Put in warm place and let stand until full of bubbles. Mix sugar, nutmeg and eggs, stir into first mixture with remaining flour. Knead well, cover and let rise about 1 hour or until light. Turn out on lightly floured surface, roll dough 3/4 inch thick. Cut with doughnut cutter or biscuit cutter or make into twists. Cover with a cloth and let rise until top is springy to touch of finger. Drop into hot fat 365 degrees with the raised side down, so the top side will rise while underside cooks. Drain on absorbent paper. Makes 3 dozen. Tip: For glazed doughnuts dip in a syrup made by boiling together for 5 minutes 1 c. sugar, 3/4 c. water and 1 T. white corn syrup.

FRANKFURTER CASSEROLE

2 T. butter
1/2 c. uncooked rice
1 medium onion, sliced
2 c. canned tomatoes
1 t. salt
1 T. sugar
Dash pepper
4 cloves
12 Schrader's Frankfurters

Melt butter, add rice and brown. Add onion, cook about 2 minutes. Add tomatoes, seasonings and cloves. Cover and simmer until rice is tender, about 15 minutes. Place frankfurters in slightly greased heavy skillet, grill until lightly browned. Arrange grilled frankfurters on platter, pour rice and tomato mixture around them. Yield: 6 servings.

February 19, 1958

BAKED YORKSHIRE CHICKEN

1/3 c. flour
2 t. salt
1 t. poultry seasoning
1 frying chicken
1/4 c. shortening
1 c. flour
1 t. salt
1 t. baking powder
3 eggs, well beaten
1 1/2 c. milk
1/4 c. butter
1/4 c. chopped parsley

Combine 1/3 c. flour, 2 t. salt, poultry seasoning and pepper. Coat chicken with this mixture. Brown chicken in shortening. Place in 2 quart casserole or 11 1/2 x 7 1/2 x 1 1/2 inch baking dish. Sift 1 c. flour, baking powder and salt. Combine eggs, milk, butter and parsley; add to flour mixture, stir until smooth. Pour over chicken. Bake at 350 degrees for 1 hour or until chicken is tender. Makes 4 servings. (The batter in this recipe puffs up--like the Yorkshire pudding you serve with roast beef.....very good. Try it for your next ladies bridge club.)

MOLDED CABBAGE-PINEAPPLE SALAD

1 pkg. lemon Jello
1 c. boiling water
1 t. Nance's Mustard Supreme
Dash salt
Juice 1 lemon
1 c. heavy cream, whipped
1/2 c. crushed pineapple, drained
1 c. cabbage, finely shredded

Dissolve Jello in boiling water, add mustard, salt and lemon juice. When mixture is slightly thickened, fold in heavy cream, whipped, and remaining ingredients. Pour into 6 individual molds. Chill until firm. Unmold on crisp salad greens. 6-8 servings.

COTTAGE PUDDING WITH CHERRY SAUCE

1/4 c. shortening
1 c. sugar
1 egg
1/2 t. lemon flavoring
1 3/4 c. flour
1/2 t. salt
2 1/2 t. baking powder
2/3 c. milk

Cream shortening and sugar; add egg and lemon extract and blend well. Add sifted dry ingredients alternately with milk. Bake in greased and floured 8 inch square pan at 350 degrees for 35 to 45 minutes. Serve warm with cherry sauce.

Cherry Sauce: Heat 1 can Tru-Mix Cherry Pie Filling or drain 1 No. 2, can tart cherries. Add water to liquid to make 1 c. Combine 1/2 c. sugar and 2 T. cornstarch. Stir in liquid. Cook, stirring constantly until thickened. Cover and simmer 10 minutes. Add cherries. Serve over pudding.

February 20, 1958

Shop Star Market for TOP VALUES.

February 21, 1958

(National Salmon Week, February 19 - 26)

SALMON BAKED IN SOUR CREAM

1 1/2 pounds salmon steak
1 1/2 t. salt
1 c. sour cream
1/4 t. celery salt
1 T. grated onion
Dash cayenne
1 T. vinegar
Paprika and parsley

Sprinkle salmon with 1 t. salt. Place in shallow well-buttered casserole. Combine sour cream, remaining 1/2 t. salt, celery salt, onion, cayenne and vinegar. Pour over salmon. Sprinkle with paprika and parsley. Bake uncovered at 350 degrees for 30 minutes. 5 to 6 servings.

WASHINGTON PIE
(Feather-light cake layers, with creamy filling and a rich chocolate frosting. Wonderful way to celebrate Washington's birthday.)

2 1/4 c. cake flour
3 1/2 t. baking powder
1 t. salt
1 1/2 c. sugar
1/2 c. shortening
1 c. milk
1 t. vanilla
2 eggs

Sift dry ingredients. Add shortening (soft) and 2/3 c. milk and vanilla. Beat vigorously for 2 minutes. Add remaining 1/3 c. milk and eggs. Beat 2 minutes. Pour into 2 greased and floured 8 inch layer cake pans. Bake at 350 degrees 30 to 35 minutes. Put the layers together with cream filling.

Cream Filling: Mix 5 T. flour with 1/2 c. sugar and 1/2 t. salt; slowly stir in 2 c. milk, scalded; cook stirring constantly until thick. Add a little of hot mixture to 2 slightly beaten eggs; stir into remaining hot mixture. Continue cooking 2 minutes. Add 1 t. vanilla and cool. Serve with dab of whipped cream or chocolate frosting.

Chocolate Frosting: Mix 1/2 c. sugar and 1 1/2 T. cornstarch; add 1 square unsweetened chocolate, grated and dash salt. Add 1/2 c. boiling water; cook until mixture thickens, stirring constantly. Remove from heat, add 1 1/2 T. butter and 1/2 t. vanilla. Spread on cake while hot for a shiny finish.

Trudy McNall's

MENU OF THE WEEK

Prepared Especially for STAR

WATCH "HOME COOKING" 2:30 P.M. WROC-TV • Channel 5

February 13, 1958

BROILED LOBSTER TAILS

4 frozen lobster tails (6 to 8 ounces each)
1/4 c. butter
1/2 t. salt
Dash white pepper
Paprika
1/2 c. butter, melted
3 T. lemon juice
Chopped parsley

Thaw lobster tails partially. Cut almost in half lengthwise along the top of the hard shell. (Kitchen scissors are perfect for this job.) Open tails as flat as possible, sort of butterfly fashion. Place on broiler pan. Brush with melted butter and sprinkle with salt and pepper. Broil 4 inches from heat 10 to 12 minutes depending upon size of tails. Sprinkle with paprika and parsley before serving with combined butter and lemon juice.

(Lobster tails supply high quality protein, vitamins and minerals. They may be served boiled or broiled in the shell, however the meat of lobster tails may be used in cocktails, salads, stews, main dishes and sandwiches.)

BOILED LOBSTER TAILS

Place lobster tails in boiling salted water using 1/3 c. salt for 2 quarts boiling water. Cover and return to boiling point. Simmer for 10 to 12 minutes. Drain, cut in half lengthwise and serve with melted butter. NOTE: For recipes requiring cooked lobster meat, cool and remove meat. 1 1/2 pounds of frozen lobster tails will yield about 3/4 pound cooked lobster meat.

LOBSTER NEWBURG

3/4 pound cooked lobster meat
1/4 c. butter
2 T. flour
1 t. salt
1/4 t. paprika
Dash cayenne pepper
1 pint light cream
2 egg yolks, beaten
2 T. sherry
Toast points

Cut lobster into 1/2 inch pieces. Melt butter; blend in flour and seasonings. Add cream gradually and cook until thick and smooth, stirring constantly. Stir a little of the hot sauce into egg yolks; add to remaining sauce, stirring constantly. Add lobster meat; heat. Remove from heat and slowly stir in sherry. Serve immediately on toast points. 4 to 5 servings.

STUFFED HAM SLICES

2 smoked ham slices, cut about 1 inch thick
4 c. soft bread cubes
1/2 c. raisins
1/4 c. brown sugar
1/3 c. butter
Whole cloves
1 No. 2 can pineapple slices (about 10 slices)

Place one slice ham in baking dish 13 1/2 x 8 3/4 x 1 3/4 inches. Mix together bread cubes, raisins, brown sugar and butter. Lightly spoon stuffing evenly over ham slice in dish. Top stuffing with second ham slice. Insert whole cloves around edge of top slice of ham. Place 2 slices of pineapple in each corner of baking dish. Cut the remaining 2 slices of pineapple into wedges and arrange wedges to resemble flower petals on top of ham. Brush top ham slice with reserved pineapple juice. Roast uncovered at 300 degrees for 1 1/2 hours. Garnish with parsley and serve. 6 to 8 servings.

"CHOCO-BERRY PIE" New Dessert Treat
(Especially for Valentine's Day)

30 Sunshine Hydrox cookies (1--12 oz. package)
1 dozen marshmallows
1 quart Top Frost vanilla ice cream
1--10 oz. package TOP FROST frozen strawberries

Cut the round cream-filled cookies in half until you have 10 to 12 perfect halves. Crumble remaining halves and rest of whole cookies into small bits, to make 2 1/2 to 2 3/4 cups of crumbs. Melt marshmallows in top of double boiler. Blend cookie crumbs with marshmallows. Cool slightly and press mixture to bottom and sides of 10 inch pie pan. Chill. Fill with ice cream, smoothing it slightly on top. Press the perfect cookie halves flat edge down into the ice cream, outlining a heart shaped "fence" in center. Fill inside of heart with berries. 8 servings.

MENU SUGGESTIONS: Broiled Lobster Tails, Frozen French Fries, Buttered Top Frost Green Beans (French Style), Cole Slaw, Choco-Berry Pie.

MENU SUGGESTIONS NO. 2: Stuffed Ham Slice, Baked Potatoes, Baked Top Frost French Style Green Beans, Tossed Green Salad, Choco-Berry Pie.

TRUDY MC NALL'S

Rochester's FIRST Station

WROC-TV CHANNEL 5

A TRANSCONTINENT TELEVISION CORPORATION STATION

ROCHESTER BROADCASTING CENTER

201 HUMBOLDT STREET, ROCHESTER 3, N. Y.

2:30 P.M.

HOME COOKING RECIPES, FEBRUARY 24, 1958 - MARCH 7, 1958

February 24, 1958

Guest Demonstrator: James Foley
Chef of the Sheraton Hotel, Rochester, N.Y.

BEEF STORGANOFF (8 Servings)

3 lbs. tenderloin tips	6 ounces sour cream
1/2 c. vinegar	6 ounces heavy cream
1/2 c. white wine	2 T. butter
32 ozs. brown sauce which has already been reduced	8 ounces mushroom caps, sliced

Slice filet of tenderloin tips in very thin strips approximately 2" x 1" x 1/4". Combine vinegar and white wine and reduce. Add to brown sauce which has already been reduced. Blend sour cream with heavy cream. Add hot brown sauce slowly to cream mixture, stirring constantly to prevent curdling. Add 2 T. (not melted) butter. Saute the tenderloin of beef on fast fire to light brown. Strain all the fat off in China cap. Saute the sliced mushrooms and add to the beef. Pour the sauce over all and heat but do not permit to boil. Add salt and pepper to taste. Keep warm in double boiler until ready to serve. Serve with 3/4 c. (3 1/2 ozs.) steamed rice. Note: Instead of brown sauce you may use rich brown gravy. A China cap is a utensil used by chefs, you may use perhaps a custard cup.

APPLE-GINGER UPSIDE DOWN CAKE

1/4 c. butter	1 t. cinnamon
1 c. brown sugar	3/4 t. soda
1/3 c. light corn syrup	1/2 t. salt
1 can APPLE-TRU	1 t. ginger
1/4 c. shortening	3/4 t. nutmeg
1/3 c. granulated sugar	1/2 t. cloves
1 egg	1 t. allspice
1/4 c. molasses	1/2 c. buttermilk
1 1/2 c. flour	*Sparkling Cider Sauce

Melt butter in bottom of 9 x 9 x 2 inch baking pan; sprinkle with brown sugar. Dribble corn syrup over sugar. Arrange APPLE-TRU (canned apple slices) to cover bottom of pan. Cream shortening and granulated sugar. Add egg; beat well. Add molasses. Sift flour, baking soda and spices; add alternately with buttermilk to creamed mixture. Pour over apples in pan. Bake at 350 degrees for 60 minutes. Cool 5 minutes and turn upside down on serving plate. Cut in squares; serve with whipped cream or "Sparkling Cider Sauce." Yield: 9 servings.

*SPARKLING CIDER SAUCE

2 T. cornstarch	Dash cinnamon
1 T. sugar	2 1/2 c. apple juice
Pinch salt	1 T. lemon juice

Combine cornstarch, sugar, salt and cinnamon. Add apple juice gradually. Cook, stirring constantly until thick and clear. Add lemon juice. Serve hot or cold on Apple-Ginger Upside Down Cake.

February 25, 1958

BREAKFAST OR BRUNCH SPECIALS

DELICIOUS SCRAMBLED EGGS

6 eggs	3/4 t. salt
6 T. Dairy Sour Cream	Dash pepper
1 T. Nance's Mustard Supreme	Paprika

Whip eggs until well blended, but not fluffy. Add remaining ingredients. Heat 2 T. butter in frying pan; pour in egg mixture. Cook slowly until just barely set. Note: Sour cream makes these eggs exceptionally creamy. AVOID OVERCOOKING.

QUICK COFFEE CAKE

2 1/2 c. flour	1/2 t. baking soda
1 1/4 c. brown sugar	1 egg, well beaten
1/2 t. salt	3/4 c. buttermilk
1/2 c. shortening	1/2 t. cinnamon
2 t. baking powder	1/2 c. chopped nuts

Mix flour, sugar and salt. Cut in shortening with a blender until mixture looks like cornmeal. Take out 3/4 c. To remaining ingredients add baking powder, soda and mix well. Stir in egg and buttermilk. Pour into 2 greased 8 inch square cake tins. Mix the 3/4 c. flour mixture with the cinnamon and nuts. Sprinkle over top of batter. Bake at 400 degrees for 20 to 25 minutes. Serve hot or reheated, but do not serve cold.

DELICIOUS SOUR CREAM MUFFINS

2 T. butter	3/4 c. sour cream
3/4 c. sugar	1/2 t. baking soda
1/4 t. salt	1 1/3 c. flour
2 eggs	Dash nutmeg

Sugar

Combine butter, sugar and salt. Add eggs and mix well. Combine soda and flour. Add alternately with sour cream. Add nutmeg. Bake in buttered muffin tins. Sprinkle tops with sugar before baking. Bake at 450 degrees for 15 minutes.

February 26, 1958

BAKED CHICKEN SUPREME

1 frying chicken or your favorite parts	2 T. flour
1/2 c. shortening for frying	2 c. stewed tomatoes, strained
1/2 clove garlic	1 c. dairy sour cream
1 t. salt	1/4 c. grated Parmesan cheese
1/2 c. sliced onions	

Brown chicken in shortening and place in casserole. Mash garlic with salt; cook with onion in 1 T. of the chicken drippings until onion is transparent. Blend in flour. Add tomatoes, stirring constantly and heat to boiling. Remove from heat. Add sour cream gradually, stirring vigorously. Blend in Parmesan cheese. Pour over chicken in casserole. Cover and bake in slow oven 325 degrees about 50 minutes or until chicken is fork tender. Makes 4 to 5 servings. Note: This casserole dish is pretty enough for a party-buffet yet economical enough for daily family fare.

COCONUT CREAM CRUNCH
(A deliciously different dessert)

1/2 c. sugar	1/4 c. lemon juice
2 1/2 T. cornstarch	1 t. grated lemon rind
1/4 t. salt	1 T. butter
1 1/3 c. milk	1/2 t. vanilla
1 egg	*Coconut crust

Combine sugar, cornstarch, salt. Stir in milk. Cook until thick, stirring constantly. Mix egg and lemon juice; stir in a little of hot mixture, return to pan. Cook over low heat, stirring constantly for 2 minutes. Add lemon rind, butter and vanilla. Pour into coconut crust, etc.

*COCONUT CRUST

1 1/4 c. shredded coconut	1/2 c. sugar
3/4 c. graham cracker crumbs	1/2 c. soft butter
	1/2 c. flour

Combine all ingredients. Place half of mixture in bottom of 8 inch square pan. Pour in filling, top with remaining crumb mixture. Bake at 400 degrees for 25 minutes. Chill, cut in squares. 9 servings.

February 27, 1958

STAR MARKET DAY. . .Shop your nearest Star Market for Top Values. . .In Food It's Everything under the Stars. Ask for Trudy McNall's Menu of the Week.

February 28, 1958

SALMON LOAF

2 c. day old bread, cut in tiny cubes	2 T. chopped parsley
1 1-lb. can salmon	2 T. chopped onion
3 eggs, slightly beaten	1/2 t. salt
1 can cream of mushroom soup	Dash pepper
	Few drops Tabasco

Combine all ingredients Pack into greased loaf pan. Bake at 375 degrees for 1 hour or until firm. Serve hot with Pimiento Egg Sauce.

PIMIENTO EGG SAUCE

1 4-oz. can pimientos	2 c. medium white sauce
1 hard cooked egg	

Combine all ingredients. Note: For medium white sauce use 1/4 c. flour, 1/4 c. butter, 1/2 t. salt and 2 c. rich milk. Dash pepper.

Menu Note: Bake potatoes with salmon loaf, also frozen green peas. Add a green salad and serve a glamorous Lemon Chiffon Pie.

LUSCIOUS LEMON CHIFFON PIE

1 T. unflavored gelatin	1/2 c. lemon juice
1/4 c. cold water	1 T. grated lemon rind
4 egg yolks, beaten	4 egg whites
1 c. sugar	*Stabilized Whipped Cream
1/2 t. salt	*Graham Cracker Crust

Soak gelatin in cold water. Beat egg yolks until light. Add 1/2 c. of sugar, salt, lemon juice and rind. Cook in double boiler until thick. Remove from heat, add softened gelatin. Stir until dissolved, pour into large bowl. Beat egg whites until stiff but not dry, gradually beat in remaining 1/2 c. sugar. Pour egg whites at once into hot custard and fold over and over until well blended. Pour into graham cracker shell. Spread with stabilized whipped cream. Chill several hours before cutting.

*STABILIZED WHIPPED CREAM

1 t. unflavored gelatin	1/4 c. confectioners sugar
4 t. cold water	1/4 t. vanilla (if desired)
1 c. whipping cream or Genesee Country Medium Cream	

Combine gelatin and cold water, let stand for several minutes until thick, then dissolve over boiling water, be sure gelatin is completely dissolved. While this is cooling slightly, beat cream until of medium consistency. Pour lukewarm gelatin into cream all at once and continue to beat while adding sugar and vanilla. Beat until of desired thickness but AVOID OVERBEATING. TRUDY'S TIP: In making chiffon filling, be careful not to overbeat egg whites for this will give a dry undesirable filling. You can use ordinary whipped cream on pie but adding the gelatin will cause the cream to stand up almost indefinitely.

*GRAHAM CRACKER CRUST

1 1/2 c. graham cracker crumbs	1/2 c. confectioners sugar
1/2 c. melted butter	

Combine all ingredients and press firmly into 9 inch pie plate. Sprinkle lightly with cold water and bake in slow oven at 300 degrees for about 8 minutes.

March 3, 1958

PAN BRAISED BREADED PORK CHOPS

Have chops cut about 1 inch thick or less. Sprinkle with salt and pepper and light bread crumbs. Press crumbs onto chops. Dip in beaten egg to which 1 T. water has been added, then into crumbs again. Let stand for 15 minutes or longer, turning several times. (This helps to "set" the crumbs on the chops.) Fry slowly in small amount of fat until brown on both sides. Place on a trivet, add about 1/4 c. water. Cover tightly and cook slowly about 30 minutes or until tender, or bake in oven at 350 degrees for about 40 minutes.

QUICK ESCALLOPED POTATOES (no curdling)

from: Mrs. Harold Rosner, Rochester, N.Y.

2 T. butter	2 c. milk
2 T. flour	6 c. sliced potatoes
2 t. salt	1 small onion, sliced thin
1/2 t. pepper	1 T. melted butter

Melt butter in saucepan. Stir in flour, salt and pepper. Add milk slowly, stirring constantly until sauce boils and thickens. Add potatoes and onion and heat with occasional stirring until the sauce boils again. Turn potatoes and sauce into a shallow, greased casserole, 6 1/2 x 10 x 1 3/4 inch. Drizzle melted butter over top. Bake at 350 degrees for 45 minutes or until potatoes are tender. The creamy liquid bubbles up over them and the potatoes are a tempting brown on top. 5 servings. Note: Mrs. Rosner says that the credit for this recipe goes to Mrs. May Thornton who entered the recipe in a cookbook sponsored by the Ladies Clubs of the Concord Lutheran Church.

CHOCOLATE SPICE CAKE

1 c. shortening, part butter	1 t. cloves
2 1/2 c. sugar	3 c. cake flour
2 eggs	2 t. baking soda
1/2 c. cocoa	2 c. buttermilk
1 t. cinnamon	1 t. vanilla

Cream shortening with 1 1/2 c. sugar until light and fluffy. Beat in eggs and mix well. Mix remaining 1 c. sugar with cocoa and spices and add to egg mixture. Sift flour with soda, add alternately with buttermilk to first mixture, mixing until smooth. Stir in vanilla. Pour into 3 greased and floured 9 inch layer cake pans. Bake at 350 degrees for 25 to 30 minutes. When cool, frost as desired.

March 4, 1958

PAN FRIED LIVER (1/2 inch thick)

1 pound sliced liver (beef or calves)	1 t. salt
1/2 c. flour	1/8 t. pepper
	2 T. shortening

Roll each slice of liver in flour, seasoned with salt and pepper. Melt shortening in skillet. Brown liver slowly on each side, about 2 minutes. 4 servings. Note: Avoid overcooking liver for this makes it hard and dry. Liver is rated high nutritionally. It is an excellent source of iron, copper, Vitamin A and B. Pork and Lamb liver are lowest in price and just as good for you as the higher priced calves and beef liver but they are stronger in flavor and require a little more cooking perhaps. DO NOT SCALD ANY KIND OF LIVER BEFORE COOKING. THIS MAKES IT DRY AND TOUGH.

FRIED ONIONS

Peel onions; cut into slices and separate into rings. Cook in a small amount of shortening about 10 minutes or until soft and lightly browned, stirring frequently. Sprinkle with paprika before serving.

PINEAPPLE DROP COOKIES

(Special Request)

1/2 c. butter	1/4 t. soda
1/2 c. brown sugar	1/4 t. salt
1/2 c. white sugar	3/4 c. drained crushed pineapple
1 egg	2/3 c. chopped nuts
2 c. flour	1 T. lemon juice
2 t. baking powder	

Cream butter and sugars. Add egg and mix well. Add sifted dry ingredients, pineapple, nuts and lemon juice. Drop by teaspoonfuls onto a lightly greased cooky sheet. Bake at 375 degrees for 15 minutes. Makes 5 dozen small cookies. Note: This is a cake-like cooky.

A SALAD SUGGESTION: Use your favorite Waldorf Salad Recipe, cutting the apples into strips (julienne fashion) instead of cubes, cut celery the same way, add a few halves of seeded grapes (removing seeds, of course). Fresh pineapple, cut in julienne fashion is a delightful addition.

March 5, 1958

BAKED MACARONI WITH CHEESE

1 8-ounce package macaroni	1 T. Nance's Mustard Supreme
4 T. butter	1/2 t. paprika
4 T. flour	2 1/2 c. milk
1 t. salt	1 c. (1/4 pound) grated cheese
1/4 t. pepper	

Cook macaroni as directed on package. Melt butter, stir in flour, salt, pepper, mustard and paprika. Add milk slowly, stirring constantly over low heat until mixture thickens and boils. Add cheese and stir until melted. Add drained macaroni, pour mixture into buttered 2 quart baking dish. If desired, sprinkle with buttered crumbs before baking. Bake at 400 degrees for 20 minutes or until brown. 5 servings.

WINTER SALAD

1 c. shredded canned pineapple	1/2 c. mayonnaise
2 c. shredded cabbage	Lettuce
2 T. minced pimientos	Parsley, chopped

Combine pineapple, cabbage, pimientos and mayonnaise. Arrange each serving in lettuce cup. Sprinkle with chopped parsley.

Trudy's Special Favorite Cookie of the Week:

FAVORITE FUDGE SQUARES

1/2 c. sifted cake flour	2 1/2 squares chocolate
1/2 t. baking powder	1/3 c. shortening, melted
1/8 t. salt	1/2 t. vanilla
2 eggs	1 c. chopped nuts
1 c. sugar	

Sift flour, baking powder and salt. Beat eggs until light, add sugar and beat well. Melt chocolate and shortening together. Add vanilla and sifted dry ingredients. Add nuts. Mix well. Bake in greased and floured 8 inch square pan. Bake at 325 degrees for 30 minutes. Cool slightly and cut into squares. Makes 16 large, 25 small squares.

Note: Each and every week (until further notice) I'll feature sometime during the week an extra special cookie recipe. This Favorite Fudge Square is a brownie type cookie of cake-like consistency. The best recipe I have ever found. You may use just 2 squares of chocolate with excellent results if you wish a less chocolaty cooky.

March 6, 1958

STAR MARKET DAY. . .Shop your nearest Star Market for Special Values today. Ask for Trudy McNall's Menu and recipes prepared especially for STAR MARKETS.

March 7, 1958

FISH FILLETS BAKED WITH CREAM AND MUSHROOMS

1 1/2 pounds fish fillets	1 t. paprika
3/4 c. sweet or sour cream	1 c. (1/4 pound) sliced mushrooms or 4 ounce can
1 t. salt	2 T. minced onions
1/8 t. pepper	

Cut fillets into serving pieces. Arrange on well buttered platter and pour cream over fillets. Sprinkle with seasonings, mushrooms and onions. (If fresh mushrooms are used, saute in a little butter before using.) Bake in a hot oven at 450 degrees for 10 to 12 minutes or until fish flakes when tried with a fork. 5 to 6 servings.

STRAWBERRIES IN MARCH

"A confection"

from: Mrs. Beulah Davis, Livonia, N.Y.

3/4 pound macaroon coconut	2 packages strawberry jello
1 can condensed milk	1 t. almond flavoring
20 drops red coloring	

Knead all ingredients together and refrigerate for 3 hours. Mold into shape of strawberry. Roll in another package of strawberry jello. Frost top with green confectioners sugar icing. Don't mix too thin. Refrigerate 2 or 3 days. Makes about 60 berries.

PINEAPPLE-MINT BAVARIAN CREAM

(Soft, luscious, slices beautifully)

1 c. pineapple juice	1 can Nance's Pineapple-Mint Sauce
1 T. unflavored gelatin	1 T. lemon juice
2 T. cold water	1 c. heavy cream, whipped
1/2 c. sugar	
1/4 t. salt	

Heat pineapple juice. Soften gelatin in cold water, add to hot pineapple juice to dissolve. Add sugar, salt, pineapple mint sauce and lemon juice. Cool stirring occasionally until mixture is partially set. Fold in whipped cream. Pour into oiled 1 quart mold. Chill about 4 hours. Unmold on large serving dish. 8 servings.

Trudy McNall's

MENU OF THE WEEK

Prepared Especially for STAR

WATCH "HOME COOKING" 2:30 P.M. WROC-TV • Channel 5

February 27, 1958

TEMPTING TUNA CASSEROLE

6 T. butter
5 T. flour
1 t. salt
Dash pepper
3 c. milk
1 1/2 c. grated sharp cheese
2 cans tuna fish
2 c. cooked noodles or macaroni
2 packages TOP FROST Asparagus (cooked)
1/4 c. diced pimientos

Melt butter, stir in flour and seasonings. Add milk and cook stirring constantly until thick and smooth. Add cheese and stir until blended. Put tuna fish, noodles or macaroni and asparagus in layers in well buttered 2 quart casserole. Pour sauce over all and dot with pimientos. Bake at 350 degrees about 20 minutes or until bubbly. Note: Use Asparagus cuts or substitute broccoli for asparagus for interesting variation. 6 servings.

BAKED SCALLOPS

1 pound frozen scallops
1/3 c. flour
3/4 t. salt
Dash pepper
3/4 c. rich milk
1/4 c. butter

Thaw scallops and dry well. Roll in seasoned flour. Place in well buttered shallow pan. Fill to about 1/2 the depth of the scallops with rich milk. Dot with butter. Bake at 350 degrees for 45 minutes. When baked for 1/2 hour turn each scallop over to brown other side. 3 servings.

FRIED SCALLOPS

2 pounds frozen scallops
1 egg, beaten
1 T. milk
1 t. salt
Dash pepper
1/2 c. flour
1/2 c. fine, dry bread crumbs

Thaw frozen scallops. Remove any shell particles. Combine egg, milk and seasonings. Combine flour and crumbs. Dip scallops in egg mixture and roll in flour and crumb mixture. TO PAN FRY: Place scallops in heavy frying pan which contains about 1/8 inch of shortening, hot but not smoking. Fry at moderate heat. When scallops are brown on one side, turn carefully and brown the other side. Cook time about 6 minutes. Drain on absorbent paper. 6 servings. TO DEEP-FAT FRY: Fry in basket in deep fat 350 degrees for 2 to 3 minutes or until brown. Drain on absorbent paper. 6 servings.

TARTAR SAUCE

1/2 c. mayonnaise
1 T. onion, minced
1 T. pickles, minced
1 T. parsley, minced
1 T. olives, minced
1 T. Nance's Mustard Sauce

Combine all ingredients and chill.

Bake a pudding with the Tempting Tuna Casserole or the Baked Scallops. Try this. . .

BAKED CHOCOLATE CUSTARD SPONGE PUDDING

2 c. milk
2 squares unsweetened chocolate
4 T. flour
1/2 c. sugar
1/4 t. salt
2 T. melted butter
3 eggs, separated
1 t. vanilla

Heat milk and chocolate together over boiling water until chocolate is melted, beat with rotary beater to blend. Combine flour, sugar and salt in small bowl, add melted butter and the 3 slightly beaten egg yolks and mix well. Add chocolate milk to egg yolks with vanilla and blend well. Beat egg whites until stiff and fold gently into chocolate mixture. Turn mixture into well buttered casserole. Set in a shallow pan containing about 1 inch hot water. Bake at 350 degrees for about 45 minutes. Serve warm or cold with cream.

CHECK STAR MARKET'S VALUE ON FRESH HAM THIS WEEK: Allow about 1/2 pound per serving. Place roasts on a rack in an open pan. Rub with salt. DO NOT SEAR, ADD NO WATER, DO NOT COVER. Roast in a slow oven at 325 degrees allowing about 55 to 60 minutes per pound for a well done roast. Menu Suggestion: Serve with oven browned potatoes, Top Frost frozen broccoli or cauliflower (specials this week), green salad and the baked chocolate pudding. Note: Pudding may be baked at 325 degrees, allow about 55 minutes.

Trudy McNall's

MENU OF THE WEEK

Prepared Especially for STAR

WATCH "HOME COOKING" 2:30 P.M. WROC-TV • Channel 5

March 6, 1958

SWISS STEAK WITH VARIATIONS

(Good old fashioned Swiss steak like grandma used to make. That's a dish that appeals to a hungry family. The top secret is to never hurry the cooking. Long gentle cooking results in that deliciously juicy and tender steak with a rich brown color. Second secret is a minimum amount of cooking liquid. Start with only 1/4 to 1/2 c. If it's necessary, you can add more during the cooking. By changing or adding just a few ingredients, your basic steak can take on an entirely different look and new flavor. The suggestions below will tell you how to change a Swiss steak into a Spanish steak and, in turn, a Spanish steak into an Italian steak.)

SWISS STEAK

1 round steak
1/2 c. flour
1 t. salt
Dash pepper
1/2 c. sliced onions
1/4 c. water
3 T. shortening

Dredge meat with seasoned flour. Brown in melted shortening. Turn meat so it browns thoroughly on both sides. Remember to brown meat slowly. Add sliced onions and water. Cover meat closely and cook over low heat for about 45 minutes per pound.

SPANISH STEAK

Instead of water use 1 No. 303 can tomatoes. Liquid should never boil, just simmer.

ITALIAN STEAK

With the addition of a few new ingredients we have exotic Italian steak. Served over a bed of rice, it's an elegant, appetizing dish. Again, this steak is prepared in the same way as the Spanish steak. To the browned steak add the onions and the tomatoes; the new ingredients, add one 4-ounce can sliced mushrooms or 1/2 pound sauteed fresh mushrooms, 3 T. chopped green pepper, 1/2 c. sliced stuffed olives and 1/8 t. garlic salt. Cover the meat and cook either on top of range or in the oven. If using the oven use temperature of 325 degrees.

HOW ABOUT BROILED STEAK FOR SUNDAY DINNER?

Check Star Markets values on Choice Sirloin Steak at $.89 per pound or Porterhouse at $.99. To broil, slash the fat edge of the steak so it won't curl during broiling. Place steaks on broiler rack and adjust the pan so that the steak is 2 to 4 inches from the heat. Broil on one side, season, turn and brown on other side. Broil 1'' steaks about 6 to 8 minutes on each side depending upon whether you want steaks medium, well done, or rare. Broil 1 1/2'' steaks 12 to 16 minutes per side.

BROILER COMBINATION

Place 3 c. of cooked rice in bottom of broiler pan. Add one 4 ounce can of sliced drained mushrooms or 1/2 pound fresh sauteed mushrooms. Place steaks on broiler rack over rice. This way as the steaks cook, their drippings automatically flavor the rice and mushrooms.

SUGGESTED MENU: Your choice of Steak, Rice, Dartmouth Green Peas, Dawn Hard Rolls, Tossed Green Salad, Strawberry Jelly Roll.

STRAWBERRY JELLY ROLL

4 egg yolks
1/4 c. sugar
1/2 t. vanilla
4 egg whites
1/2 c. sugar
3/4 c. cake flour
1 t. baking powder
1/4 t. salt
3 T. sugar
1 c. heavy cream, whipped
Top Frost Frozen Strawberries

Beat egg yolks until thick and lemon colored. Gradually beat in 1/4 c. sugar and vanilla. Beat egg whites until stiff, gradually add 1/2 c. sugar and beat until very stiff. Fold yolks into whites. Sift flour, baking powder and salt. Fold into egg mixture. Spread batter evenly in waxed paper lined jelly roll pan that measures about 15 1/2 x 10 1/2 x 1 inch. Bake at 375 degrees for 12 to 15 minutes or until cake springs back when touched lightly. Loosen edges of cake and turn onto towel sprinkled with confectioners sugar. Peel off paper quickly but carefully so you won't tear the cake. Trim crusts off if necessary with a sharp knife. While cake is still warm, lay a piece of waxed paper on it and roll quickly with paper inside. Cool on rack. When cake is cold, unroll it, remove paper. Add sugar to whipped cream, fold in 1 c. drained frozen strawberries. Roll.

TRUDY MC NALL'S

Rochester's FIRST Station
WROC-TV
CHANNEL 5
A TRANSCONTINENT TELEVISION CORPORATION STATION
ROCHESTER BROADCASTING CENTER
201 HUMBOLDT STREET, ROCHESTER 3, N. Y.

2:30 P.M.

HOME COOKING RECIPES, MARCH 10 - 21, 1958

March 10, 1958

WELSH RABBIT PIE

1 9 inch unbaked pastry shell	3 eggs, lightly beaten
1 8 ounce package natural cheddar cheese, grated	3/4 c. beer or ale or milk
1 T. flour	1/4 c. light cream
	1/2 t. salt
	1 T. Nance's Mustard Supreme

Chill pastry shell. Distribute cheese evenly in shell. Sprinkle with flour. Beat together eggs, beer, light cream, salt and mustard. Pour mixture over cheese in pastry shell. Bake in hot oven (425 degrees F.) 15 minutes. Reduce heat to 300 degrees and bake 40 minutes longer or until tip of knife inserted in center comes out clean. Cut into wedges and serve hot. 6 servings. Note: Here's a new variation of the old favorite Welsh Rabbit. It's the same delicious combination of Cheddar cheese with beer and seasonings but instead of serving it in a chafing dish with toast points it's baked in a pastry shell. Welsh Rabbit Pie is perfect for a hearty luncheon or supper dish. Or, cut in slivers, it's a perfect appetizer or late evening snack. Will make 20 snack size servings.

SKILLET CAKE AMANDINE

(Here's the last word in no-muss, no-fuss baking --Golden Yellow Loaf-size Cake Mix baked in a foil-lined skillet. No advance greasing or flouring necessary....and not even a pan to wash later. Cake saves time too, because it features amandine broiled-on topping instead of frosting to make and spread. Topping stays intact when lifted from skillet, thanks to "handles" formed by edge of foil lining.)

1 package Pillsbury Loaf-size Golden Yellow Cake Mix	1/4 c. sugar
1 egg plus water to make 3/4 c.	2 T. flour
	3 T. butter
	1 T. cream
	1/3 c. slivered almonds

Prepare loaf-size Golden Yellow Cake Mix batter; pour into 9 inch skillet lined with aluminum foil. Bake at 350 degrees for 40 to 45 minutes. In saucepan, combine sugar, flour, butter and cream. Bring to a boil over medium heat, stirring constantly. Spread immediately over hot cake in skillet; sprinkle with slivered almonds. Broil about 1 minute until light golden brown (watch closely so topping won't burn).

March 11, 1958

STUFFED FRANKFURTERS

2 c. mashed potato	1/8 t. pepper
2 T. chopped parsley	1 T. butter
1/4 c. minced onion	NANCE'S MUSTARD SUPREME
1 T. chopped pimiento	

8 SCHRADER'S FRANKFURTERS

Add parsley, onion, pimiento and pepper to mashed potatoes. Cover Frankfurters with boiling water and let stand 8 minutes. Split frankfurters lengthwise, spread with mustard. Stuff frankfurters with potato mixture. Brush with melted butter. Place on broiler rack. Broil 6 minutes or until delicately browned. Yield: 4 to 6 servings. Note: As a time saver try French's Instant Potato using 1 1/2 c. water, 1/2 t. salt, 1/2 c. milk and 1/2 c. French's Instant Potato.

COOKIE OF THE WEEK

SOUR CREAM DATE DELIGHTS

1 1/4 c. flour	3/4 c. brown sugar
1/2 t. soda	1 egg
1/4 t. baking powder	1/2 t. vanilla
1/4 t. salt	1/2 c. dairy sour cream
1/4 t. cinnamon	2/3 c. chopped pitted dates
1/8 t. nutmeg	
1/4 c. butter	1/2 c. chopped nuts

Sift flour with dry ingredients. Cream butter and sugar, add egg and vanilla and mix well. Add sifted dry ingredients with sour cream. Fold in dates and nuts. Drop by teaspoonfuls onto a lightly greased cookie sheet and bake at 400 degrees for 10 to 12 minutes. Yield: 3 1/2 dozen.

CHERRY OR BLUEBERRY PUFF

1 can TRU-MIX Blueberry or Cherry Pie Filling	1/4 t. cream of tartar
2 egg whites	2 egg yolks
1/8 t. salt	1 T. water
	1/3 c. sugar
	6 T. cake flour

Pour Tru-Mix Blueberry or Cherry Pie Filling into ungreased 1 1/2 quart casserole. Beat egg whites until foamy; add salt and cream of tartar; beat stiff. Beat egg yolks until thick and lemon colored; add water and sugar and beat well. Fold egg yolks into egg whites; then fold in flour. Pour batter on top of fruit. Bake at 325 degrees 30 to 35 minutes. Serve warm. Makes 6 to 7 servings.

March 12, 1958

FRENCH INSTANT POTATO ROLLS

1/4 c. (1/2 envelope) French's Instant Mashed Potato	1 c. milk
1 package granular yeast	2/3 c. shortening
1/2 c. lukewarm water	1/2 c. sugar
	1 1/2 t. salt
	2 eggs, well beaten
	6-7 cups flour

Prepare mashed potato according to package directions. Soften yeast in lukewarm water. Scald milk, pour over shortening, sugar, salt and mashed potato. Cool until lukewarm. Add yeast, well beaten eggs and 3 c. flour. Beat until smooth and light. Add not more than 3 to 4 cups of flour to make a dough firm enough to knead. Knead on a lightly floured cloth or board until smooth and elastic (about 10 minutes). Place dough in a greased bowl. Brush top with melted shortening. Cover closely and place in refrigerator. When ready to bake rolls, use dough as needed. Shape rolls as desired. Brush with melted shortening. Let rise until double in bulk. Bake at 400 degrees 12 to 15 minutes. This dough may be baked without refrigerating it. Makes 3 to 4 dozen rolls.

DEVILED TUNA CASSEROLE

2 cans (6 1/2 or 7 ounces each) tuna	1/4 c. flour
1 T. grated onion	1/2 t. salt
1 T. lemon juice	Dash cayenne pepper
2 T. chopped parsley	2 c. milk
1/2 t. garlic salt	1 c. soft bread cubes
1/4 c. butter	1/2 c. crushed potato chips

Drain tuna. Break into large pieces. Add onion, lemon juice, parsley and garlic salt. Melt butter; blend in flour and seasonings. Add milk gradually and cook until thick and smooth, stirring constantly. Fold in bread cubes and tuna mixture. Place in well buttered 1 quart casserole. Cover with potato chips. Bake at 400 degrees 15 minutes. Serves 6.

March 13, 1958

Shop your nearest STAR MARKET for Top Values in food, both in Quality and Price. Don't forget your TV stamps and ask for Trudy McNall's Special Menu of the Week prepared for STAR.

March 14, 1958

OCEAN PERCH WITH CHOPPED ALMONDS

1 1/2 pounds ocean perch fillets	Grated rind 1 lemon
1/4 c. almonds	1/2 t. paprika
3 T. soft butter	1/2 t. salt
	1/8 t. pepper

Blanch the almonds in boiling water, and remove the skins. Chop the almonds coarsely...(it's much easier than slivering them)...and mix with butter. Add lemon rind, paprika, salt and pepper. Arrange fillets, skin side down, in a greased baking dish. Spread the top of the fish with the almond mixture. Bake at 350 degrees 10 to 12 minutes or until the fish flakes easily with a fork. Serve immediately. Any white meated fish may be used in this recipe: cod, haddock, sole or flounder, for example.

FESTIVE ORANGE-GINGER CAKE

1 1/2 c. flour	1/2 c. light mild molasses
1 t. baking powder	1/4 c. sugar
1/4 t. salt	1 egg
1 t. ginger	1 t. soda
2 t. cinnamon	1/2 c. boiling water
1/2 t. cloves	2 t. grated orange rind
1/2 t. allspice	1/4 c. chopped nuts
1/2 t. nutmeg	
1/3 c. melted shortening	

Grease and flour a 1 1/2 quart ring mold or 8x8 inch baking pan. Sift flour, baking powder, salt and spices. Mix together shortening, molasses and sugar. Add egg and beat well. Add sifted dry ingredients and stir only until well moistened. Dissolve soda in boiling water and immediately add to batter. Beat for 1/2 minute. Stir in orange rind and nuts. Pour mixture into baking pan. Bake at 350 degrees about 25 minutes.

WHIPPED CREAM TOPPING

2 oranges
8 marshmallows
1 c. Genesee Country Heavy Cream, whipped

Peel and section oranges, cut each section in half. Cut marshmallows into quarters. Whip cream until stiff. Fold in marshmallows and orange sections. Spoon into center of ginger cake mold or serve on top of squares. Yield: 8 to 9 servings.

FROZEN GREEN BEANS are delicious with just butter but try them this way too: Add 1/3 c. each chopped celery and onion before cooking. Serve with 2 T. melted butter. Nice with fish dish of today.

March 17, 1958

DINTY MOORE PORK CHOP CASSEROLE

3 pork chops, rib or loin
1 t. salt
1 T. Nance's Mustard Supreme
2 c. cooked noodles
1 can cream of chicken soup
1 c. water
1 T. chopped onion

Fry pork chops until brown on one side. Turn and season with salt and spread with mustard. Put noodles into a 1 quart casserole. Top with chops, browned side next to noodles. Pour soup, water and onion in skillet. Stir and heat until blended, then pour this gravy over the chops. Cover. Cook in moderate oven 350 degrees 1/2 hour. Uncover and bake another 30 minutes to brown the chops. 3 servings.

CHOCOLATE CUSTARD SPONGE PUDDING

(Bake pudding with chops.)

2 c. milk
2 squares unsweetened chocolate
4 T. flour
1/2 c. sugar
1/4 t. salt
2 T. melted butter
3 eggs, separated
1 t. vanilla

Heat milk and chocolate over boiling water until chocolate is melted. Beat with rotary beater until the mixture is well blended. In a mixing bowl combine flour, sugar and salt. Add melted butter and the 3 slightly beaten egg yolks. Mix well. Beat egg whites until they are stiff, fold into pudding. Turn mixture into buttered 8 inch round baking dish, set in a shallow pan containing about 1 inch hot water. Bake at 350 degrees for 45 minutes. Serve warm or cold, with cream.

SHAMROCK COCONUT-PEACH MOLD

2 packages lime-flavored Jello
2 c. hot water
1 c. cold water
1 c. canned peach juice
1 c. canned cling peaches, sliced
20 cut fresh California dates
1 can Angel Flake Coconut
1 c. heavy cream, whipped

Dissolve gelatin in hot water. Add cold water and peach juice. Chill until slightly thickened. Fold in peaches, dates and coconut. Turn into 2 quart (or a 1 quart mold and 8 individual molds) shamrock mold and chill until firm. Unmold. Cover top of shamrock with whipped cream and sprinkle generously with tinted or toasted coconut. Makes 10 to 12 servings. Note: If shamrock mold is not available pour the gelatin mixture into 8x8x2 inch pan. Chill until firm. Cut shamrock pattern from paper. Place on top of gelatin and cut around pattern with a sharp knife dipped in hot water. TO TOAST COCONUT: Spread coconut out evenly in shallow baking pan. Place in moderate oven 350 degrees and toast 5 to 7 minutes, or until delicately browned. Stir coconut or shake pan often to toast evenly. TO TINT COCONUT: Place 1 teaspoon milk or water in bowl. Add few drops green food coloring and mix well. Add 1 can tender-thin flaked coconut and toss with a fork until coconut is tented evenly throughout.

March 18, 1958

Menu: Lamb Chops with Herb Gravy, Baked Potatoes, Baked Frozen Vegetable, Pear Cottage Cheese Salad, Apple Crisp.

LAMB CHOPS -- HERB GRAVY

6 lamb chops (loin or shoulder
1/4 c. flour
1 1/2 t. salt
1/8 t. pepper
3 T. shortening
1/8 t. sage
1/4 t. thyme
1/2 c. tomato juice

Dredge chops with seasoned flour. Brown meat on both sides in shortening. Pour off drippings. Add sage, thyme and tomato juice; cover tightly and cook slowly 45 minutes to 1 hour or until meat is tender. Thicken cooking liquid for gravy if desired. Meat may be baked in the oven at 350 degrees for 60 minutes.

QUICK APPLE CRISP

1 can Apple-Tru
Juice of 1/2 lemon
1/2 c. brown sugar
1/2 c. flour
1/2 t. cinnamon
1/4 t. nutmeg
Dash cloves
1/4 c. butter

Arrange the apples in greased 10" x 6" x 2" baking dish, sprinkle with lemon juice. Combine brown sugar, flour and spices...add butter and mix until crumbly, sprinkle over apples. Bake at 350 degrees 30 to 40 minutes. Serve warm with cream. 4 servings.

SPECIAL REQUEST. . .

CREAM PUFFS

1/2 c. butter
1 c. boiling water
1 c. sifted flour
4 eggs

Melt butter in boiling water. Stir flour all at one time into water and butter mixture, stirring constantly over low heat until mixture leaves sides of pan in smooth compact mass. Remove from heat, beat in unbeaten eggs one at a time. Continue beating until mixture forms a thick dough. Drop by tablespoonfuls on greased baking sheet 1 1/2 inches apart, piling the dough high. Bake at 450 degrees 20 minutes, then reduce heat to 350 degrees for 20 minutes longer. Remove from baking sheet and cool. Make a small cut on each side and fill with whipped cream, cream filling, or ice cream. Sprinkle puffs with powdered sugar. Yield: 1 dozen large puffs or 3 dozen small puffs. Note: The small shells may be filled with creamed lobster or crabmeat or a thick cheese sauce for service with tea or cocktails. Bake smaller puffs at 450 degrees for 12 minutes, then reduce heat to 350 for 10 to 15 minutes longer.

March 19, 1958

A Lenten Luncheon Suggestion. . .

DEVILED EGGS WITH SHRIMP ON RICE

6 hard cooked eggs
3 T. mayonnaise
2 T. Nance's Mustard Supreme
1/4 t. salt
Dash pepper
1 c. cooked shrimp
1 1/4 c. packaged precooked rice
1 1/2 c. water
1/2 t. salt
3 T. butter
3 T. flour
2 c. rich milk or light cream
1 1/2 t. grated onion
1 t. curry powder

Cut eggs in half. Remove yolks and force through a sieve. Add mayonnaise, mustard, salt and pepper and mix well. Cut shrimp into small pieces and add. Fill egg whites with this mixture. Combine rice, water and salt in saucepan. Mix just until all rice is moistened. Bring quickly to a boil over high heat, uncovered, fluffing rice gently once or twice with a fork. DO NOT STIR. Cover and remove from heat. Let stand 10 minutes. Meanwhile, melt butter in saucepan. Add flour and stir until blended. Add liquid gradually, stirring constantly. Add onion and curry powder. Cook and stir until sauce is smooth and thickened. Place deviled eggs on bed of rice and top with the sauce. Serves 4.

Having the girls for luncheon? Serve the above casserole dish with a surprise dessert.

SURPRISE CAKE

1 baked 10 inch angel food cake
1 package strawberry gelatin
1 c. hot water
1 c. cold water
1/2 c. heavy cream, whipped
1 c. heavy cream
3 T. sugar
Dash salt
1/4 t. vanilla

Cut a 3/4 inch horizontal slice from the top of the cake. Carefully remove center of cake leaving a 1/2 inch shell. Place on a serving plate. Dissolve gelatin in hot water. Add cold water. Chill until slightly thickened. Place in bowl of ice and water and whip with a rotary beater until fluffy and thick like whipped cream. Fold in the whipped cream. Turn into cake shell and cover with the top slice of cake. Wrap in waxed paper and chill 6-8 hours or overnight. Before serving cake, combine cream, sugar, salt and vanilla. Whip until light and fluffy. Spread over top and sides of cake. Don't waste the cake you removed from the center. Toast strips under the broiler. Or roll cubes of the cake in tinted boiled or 7-minute frosting and shredded coconut.

March 20, 1958

Shop your nearest STAR MARKET for Top Values. Ask for Trudy McNall's Star Menu of the Week.

March 21, 1958

GUESTS: Mr. and Mrs. Tisdale from the Pretzel Institute.

BAKED STUFFED FISH STEAKS

2 halibut steaks (1 pound each)
1 c. water
1/2 c. milk or cream
2 t. parsley flakes
1 t. grated lemon rind
1/4 t. pepper
1 envelope French's Instant Mashed Potato
1/4 c. lemon juice

Bring water and milk to a boil. Remove from heat, add parsley flakes, lemon rind, salt and pepper. Add instant potato gradually, beating with a fork. Add lemon juice and beat until light and fluffy. Sprinkle slices of fish with salt and pepper and place stuffing between slices. Brush top slice with melted butter, place fish in well buttered baking dish. Bake at 350 degrees for 30 to 40 minutes depending upon thickness of fish.

FROZEN VEGETABLE BAKING CHART

Vegetable	Time at 325°	Time at 350°
Asparagus Cuts	65 min.	55 min.
Asparagus Spears	60 min.	50 min.
Cut Green Beans	55 min.	45 min.
French Style Green Beans	55 min.	45 min.
*Fordhook Lima Beans	50 min.	40 min.
*Baby Lima Beans	50 min.	40 min.
Broccoli Spears	55 min.	45 min.
Chopped Broccoli	55 min.	45 min.
Brussels Sprouts	55 min.	45 min.
Sliced Collards	55 min.	45 min.
**Cauliflower	55 min.	45 min.
Cut Corn	55 min.	45 min.
*Mixed Vegetables	55 min.	45 min.
Green Peas	50 min.	40 min.
Peas and Carrots	55 min.	45 min.
Sliced Summer Squash	55 min.	45 min.
Leaf Spinach	65 min.	55 min.
Chopped Spinach	65 min.	55 min.
Succotach	55 min.	45 min.
Chopped Turnip Greens	55 min.	45 min.

*Add 2 T. water to vegetable before baking.
**Add 2 T. milk to vegetable before baking.

OVEN COOKING OF VEGETABLES

Oven cooking of frozen vegetables is very satisfactory, for the vegetables cook in their own steam and lose no vitamins and minerals through pouring off of cooking liquid. Oven cooked vegetables retain excellent color, flavor and texture. The method is recommended for oven meals. In preparing vegetables for oven cooking do not defrost the vegetables. And do not cut up blocks of solid frozen vegetables. Place solid-frozen vegetables in greased casserole. Top with 1 to 2 T. butter and 1/2 t. salt. (Add water or milk as indicated on chart.)

BAKING FROZEN VEGETABLES

Place frozen vegetable in oven at one of temperatures given on chart, timing its cooking accordingly. Fifteen minutes before baking time is completed, remove from oven to stir thoroughly. Cover and return to oven to complete cooking. Stir vegetable again when serving.

Trudy McNall's

MENU OF THE WEEK

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March 13, 1958

CORNED BEEF

(The Good Old Irish Way)

For 10 to 12 servings use a 5-pound corned beef brisket. Cover with cold water, cover closely and simmer about 4 hours or until the beef is tender. Remove scum as it forms on the top. You can usually skim most of this off after the beef brisket has boiled (or rather simmered) for 10 minutes. Cool in the stock until easy to handle. Slice with a sharp knife the long way of the piece of meat. Place on a hot platter with just enough stock to keep the meat moist.

What to serve with Corned Beef? Cabbage, of course. 15 minutes before serving time cut a medium-sized head of cabbage in 8ths. (This to serve 8—less cabbage according to number of servings.) Boil cabbage in the liquid from the beef UNCOVERED for about 12 minutes. Place around the corned beef. Just boiled potatoes is the right accompaniment and horse-radish or mustard sauce. REMEMBER, CORNED BEEF IS DELICIOUS COLD--PLAN ON LEFTOVERS.

HORSE-RADISH SAUCE

1 T. chopped onion
3 T. butter
2 T. flour
1 c. rich milk
1/4 c. prepared horse-radish

Brown onion slightly in butter; add flour and blend well. Gradually stir in milk and cook, stirring constantly, until thickened. Add horse-radish. MUSTARD SAUCE: In place of the horse-radish substitute 1/4 c. Nance's Mustard Supreme.

SERVE A SALAD: Peach and Cottage Cheese. Check Star Market Values on these two items this week: Canned Peaches and Cottage Cheese.

FRIED CHICKEN WITH GRAVY

(A Less Fattening Version)

1 frying chicken, cut in pieces for frying
Salt and pepper
Flour
Shortening
5 T. drippings
4 T. flour
6 T. nonfat dry milk
3/4 t. salt
1/2 t. paprika

Sprinkle pieces of chicken with salt and pepper. Dredge generously with flour. Fry in about 2 inches of hot fat in skillet, browning well on both sides. Lower heat and cover tightly. Cook slowly, turning pieces occasionally until chicken is tender, about 30 minutes. To make Gravy: Remove all but 5 T. of drippings from pan. Combine flour, nonfat dry milk powder, salt and paprika. Add to drippings in pan, stirring until well blended. Gradually add 2 c. water and cook, stirring constantly, until thickened and smooth. Serves 4.

BLUEBERRY SUNDAE PIE

1 1/2 t. unflavored gelatin
1/4 c. sugar
1/4 t. salt
1 egg, separated
1/4 c. lemon juice
2 T. water
3 oz. cream cheese
3 T. sugar
9 inch graham cracker crust
1 can TRU-MIX Blueberry Pie Filling
1/2 pint heavy cream

In top of double boiler combine gelatin, sugar, salt and egg yolk; add lemon juice and water. Place over hot water and cook until thickened, stirring constantly. Cream cheese until softened; blend into egg mixture. Chill. Beat egg white until stiff, gradually beat in 3 T. sugar; fold into custard and turn into crumb shell. Carefully spoon over filling in crust; chill again. Top with sweetened whipped cream. 6 servings.

SAVE PENNIES: Check Frozen Food Deal this week. Any vegetable or fruit--10 cents off when you buy 3 packages.

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2:30 P.M. HOME COOKING RECIPES, MARCH 24 - APRIL 4, 1958

March 24, 1958

SALMON LOAF SALAD

- 2 T. unflavored gelatin
- 1 c. cold water
- 1/2 c. lemon juice
- 2--1 pound cans salmon
- 1 pint mayonnaise
- 2 c. chopped celery
- 1/2 c. chopped green pepper
- 1/2 t. salt

Soften gelatin in cold water; dissolve over hot water. Add remaining ingredients. Mix lightly. Pour into oiled loaf pan; chill until firm. Unmold and garnish with hard cooked egg slices and parsley or water cress. Note: Tuna fish may be used in place of salmon. Fish should be in large flakes.

EASTER PUDDING

- 3 T. quick cooking tapioca
- 1/4 c. sugar
- 1/8 t. salt
- 2 c. milk
- 2 egg whites, stiffly beaten
- 1/2 t. vanilla
- 2 egg yolks, beaten
- 2 c. milk
- 2 T. quick cooking tapioca
- 1/4 c. sugar
- Dash salt
- Coconut and candy Easter eggs

Mix tapioca, sugar and salt; add milk. Heat to boiling. Cook until mixture thickens, stirring constantly. Remove from heat; cool slightly. Fold egg whites into cooled mixture. Add vanilla. In another saucepan mix egg yolks, small amount of milk; add tapioca, sugar, salt and remaining milk. Heat quickly to boiling, stirring constantly. Cool. Spoon white and yellow parts alternately into tall glasses or sherbet glasses. Top with green coconut and candy Easter eggs. 8 servings. To tint coconut: Add enough green food coloring to 1 T. water to make the color you want. Fill a pint jar half full with coconut. Add the colored water. Cover and shake jar till coconut is evenly tinted. Spread on paper toweling to dry.

CHOCOLATE COOKIES
"Cookie of the Week"

- 1/2 c. shortening
- 1 1/3 c. brown sugar
- 1 t. vanilla
- 2 eggs
- 3 squares unsweetened chocolate, melted
- 2 c. flour
- 2 t. baking powder
- 1/4 t. salt
- 1/2 c. milk
- 3/4 c. chopped walnuts

Cream shortening, sugar and vanilla until light. Add eggs and chocolate. Sift together dry ingredients; add alternately with milk. Stir in nuts. Drop by teaspoons onto lightly greased cookie sheet. Bake at 350 degrees for 10 to 12 minutes. Makes about 3 1/2 dozen.

March 25, 1958

INFALLIBLE CHEESE SOUFFLE

- 6 slices bread
- 2 T. butter
- 1/4 pound cheddar cheese, cut into small pieces
- 3 eggs
- 1/2 t. salt
- Dash pepper
- 2 c. milk

Cut crusts from bread and butter generously. Place bread in baking dish, sprinkle with the cheese. Beat eggs, add seasonings and milk. Pour over bread and bake at 375 degrees for 30 minutes or until brown and puffy.

GRAPEFRUIT SALAD

- 1 T. unflavored gelatin
- 1/4 c. cold water
- 1/2 c. hot water
- 1/2 c. sugar
- 1/8 t. salt
- 1 c. diced apple
- 1 No. 2 can grapefruit, undrained
- 1/2 c. chopped walnuts
- Salad greens
- Mayonnaise

Soften gelatin in cold water, dissolve in hot water; add sugar and salt. Cool, stir in fruits, chill until partially set. Add nuts. Turn into oiled molds or shallow pan. Unmold on salad greens and garnish with mayonnaise if desired.

FRESH ORANGE CHIFFON CAKE

- 1 c. plus 2 T. cake flour
- 3/4 c. sugar
- 1 1/2 t. baking powder
- 1/2 t. salt
- 1/4 c. salad oil
- 2 egg yolks
- 3/8 c. orange juice (1/4 c. plus 2 T.)
- 1/2 c. egg whites (4 whites)
- 1/4 t. cream of tartar

Sift flour, sugar, baking powder and salt into mixing bowl. Make a well in center of dry ingredients and add salad oil, unbeaten egg yolks and orange juice. Beat until smooth. Beat egg whites with cream of tartar until very stiff. DO NOT UNDERBEAT. Gently fold egg whites into yolk mixture just until blended. Pour into loaf pan 9 1/2 x 5 1/4 x 2 1/4 inches. Bake at 325 degrees for 50 to 55 minutes or until top springs back when lightly touched. Immediately turn pan upside down, resting edges of pan on 2 other pans. Let hang, free of table, until cold. Loosen from sides with spatula. Turn pan over and hit sharply on table to loosen. Split cooled cake crosswise into 3 even layers. Spread orange filling and sweetened whipped cream between the layers having a layer of each. Top with sweetened whipped cream. Chill 1 to 2 hours. Serves 8 to 10.

FRESH ORANGE FILLING

- 1 c. sugar
- 1/2 t. salt
- 4 T. cornstarch
- 1 c. orange juice
- 1 T. grated orange rind
- 1 1/2 T. lemon juice
- 2 T. butter

Combine sugar, salt and cornstarch, gradually stir in orange juice and cook, stirring constantly, until mixture boils and thickens. Remove from heat, add orange rind, lemon juice and butter. Cool before spreading between layers.

March 26, 1958

MUSHROOM LASAGNA
(Another Lenten Special)

- 8 ounces lasagna
- 1 pound fresh mushrooms
- 2 T. butter
- 2 T. flour
- 1 c. light cream
- Salt and pepper
- 1/2 pound mozzarella cheese
- Grated Parmesan cheese

Boil lasagna 20 minutes or until tender, stirring frequently to prevent sticking together. Melt butter and saute sliced mushrooms for about 5 minutes. Add flour and blend well. Add cream and stir until sauce is thickened. Season to taste with salt and pepper. Slice mozzarella thinly. Drain lasagna. In a baking dish arrange layers of lasagna, mushroom sauce and mozzarella. Cover with grated Parmesan cheese and bake at 400 degrees for 20 to 25 minutes or until mozzarella is melted and Parmesan lightly browned. Makes 4 servings.

PEANUT BUTTER COOKIES

- 3 c. flour
- 1/2 t. salt
- 1 t. soda
- 1 c. shortening
- 1 c. white sugar
- 1 c. brown sugar
- 2 eggs
- 1 c. Old Dutch peanut butter
- 1 t. vanilla

Sift flour, salt, and soda. Cream shortening and sugars, add eggs and mix well. Stir in peanut butter and vanilla. Add dry ingredients and mix thoroughly. Shape dough into balls size of walnut. Place on ungreased baking sheet, press down with a fork so as to leave crisscross marks on top. Bake at 325 degrees for 8 minutes. Makes about 3 1/2 dozen. TIP: To make fancy design on top of cookies, press with discs from cookie press instead of with a fork.

March 28, 1958

FISH FILLETS AU GRATIN

- 1 pound fish fillets
- 1 onion, sliced
- Dash thyme
- 2 T. butter
- 1 T. flour
- 1 c. milk
- 3/4 c grated cheese
- Salt and pepper

Poach fillets in water in a skillet to which the onion and thyme has been added. (Poaching means barely covering fish with water and cooking gently until tender, about 8 minutes.) Drain and place carefully into well buttered shallow baking dish. To make sauce, melt butter, blend in flour, add milk and cook, stirring constantly, until mixture thickens, add cheese and stir until melted. Season to taste with salt and pepper. Pour sauce over fillets and place under broiler until sauce bubbles and is brown. Garnish with paprika and parsley. Serves 3.

MAHOGANY SOUR CREAM CAKE

3 squares baking chocolate	1 1/2 t. baking powder
1/2 c. water	2/3 c. shortening
1 c. Dairy sour cream	1 c. granulated sugar
2 c. cake flour	2/3 c. brown sugar
1 t. baking soda	3 eggs
1 t. salt	1 1/2 t. vanilla

Combine chocolate and water and cook over low heat until well blended. Cool, add sour cream. Sift flour, baking powder, soda and salt. Cream shortening and sugars, add eggs one at a time beating well. Add vanilla. Add dry ingredients alternately with the sour cream mixture. Pour into 2 greased and floured 9 inch cake pans. Bake at 350 degrees for 30 to 35 minutes. Frost with Fluffy Icing.

FLUFFY WHITE FROSTING

Courtesy of
American Association of University Women

1 c. sugar	1 c. confectioners sugar
1/2 c. boiling water	1 t. vanilla

3 egg whites

Boil sugar and water rapidly to 238 degrees. Beat egg whites and gradually add 1/3 c. confectioners sugar, beating until consistency of meringue. Add syrup gradually, beating constantly, until thick and creamy. Add remaining 2/3 c. confectioners sugar, beating until frosting holds its shape. Add vanilla. Note: This frosting may be kept in covered container in the refrigerator for several days. Thin before using with hot water.

NOTE: Don't forget to shop STAR MARKETS. Ask for Trudy McNall's Special Menu of the Week. Recipes available for this week March 27, 1958 (Thursday).

March 31, 1958

FRESH SALMON HOLLANDAISE

4 salmon steaks	Butter
Salt and pepper	*Hollandaise

Parsley

Season salmon steaks with salt and pepper. Saute in butter, browning very lightly on both sides until fish flakes easily with a fork (about 12 minutes total cooking time for 1-inch steaks). Serve with Hollandaise Sauce.

HOLLANDAISE SAUCE

1/2 c. butter	1 T. lemon juice
2 egg yolks	Dash salt

Melt butter. Mix egg yolks and lemon juice in top of double boiler over hot NOT BOILING water. Add butter gradually, beating constantly with a wire whisk until sauce thickens. Remove from heat at once, add salt. If sauce should separate, beat in a little boiling water and it will come back to a smooth consistency.

SPECIAL LEMON MERINGUE PIE

2/3 c. flour	1 T. butter
1 1/4 c. sugar	4 T. lemon juice
1/2 t. salt	Grated rind 1 lemon
2 1/4 c. cold water	3 egg yolks

Combine flour, sugar and salt. Blend in cold water and cook over low heat, stirring constantly, until thick, about 10 minutes. Blend a little of hot filling mixture with slightly beaten egg yolks. Combine with filling remaining in saucepan. Cook 2 minutes, stirring constantly, add butter. Remove from heat, add lemon rind and juice. Cool about 5 minutes. Pour into cooled, baked 9-inch pie shell. Top with meringue and bake at 400 degrees for 7 minutes.

Meringue:

3 egg whites	6 T. sugar

1/8 t. salt

Beat egg whites with salt until stiff. Add sugar gradually, beating constantly. Spread over warm pie filling, making sure meringue touches crust all the way around to prevent shrinkage. Bake as directed above.

April 1, 1958

HOT CROSS BUNS

1 c. milk	1 1/2 t. salt
1/4 c. butter	1/8 t. nutmeg
1/4 c. sugar	1 t. grated lemon rind
1 yeast cake	2 T. finely chopped citron
3 1/2 c. flour (about)	1/2 c. seedless raisins
1 egg	

Scald milk and combine with butter and sugar. Cool to lukewarm. Crumble yeast into cooled milk. Mix in 1 1/2 c. of the flour and beat vigorously. Cover and let rise in a warm place until light and full of bubbles, add egg, salt, nutmeg, lemon rind and 1 c. flour. Beat smooth, add remaining flour, citron and raisins. Knead lightly until smooth and elastic, place in well greased bowl and let rise until double in bulk. Punch down in bowl and pinch off pieces about the size of a golf ball, form into biscuits and place in well buttered pan about 1/2 inch apart, cut lightly a cross on top of each and brush with a beaten egg. Let rise until light. Bake at 375 degrees for 20 minutes. Make an icing for the cross with 1 egg white, 1/2 c. confectioners sugar and 1 t. lemon juice. Combine unbeaten egg white with the sugar and lemon juice, beating until the icing is stiff enough to hold its shape. Fill cross with icing after baking and cooling slightly.

CHICKEN A LA MARYLAND

1 frying chicken or your favorite parts	1 1/2 c. fine dry bread crumbs
2 t. salt	3 T. butter
1 egg, well beaten	Paprika

Cut chicken into suitable pieces for serving. Wash in cold water and drain well. Mix flour and salt. Coat pieces of chicken with the seasoned flour, then dip in egg. Roll in the bread crumbs. Place chicken in well buttered casserole. Dot with butter. Cover and bake until chicken is tender at 350 degrees for about 2 hours.

April 2, 1958

EASTER BUNNY CAKE

1 1/2 c. cake flour	3/4 c. sugar
1 1/2 t. baking powder	1 egg
1/4 t. salt	1 t. vanilla
6 T. shortening	1/2 c. milk

Sift flour, baking powder and salt. Cream shortening and sugar, add egg and vanilla and beat until very light and creamy. Add sifted dry ingredients alternately with milk to creamed mixture. Pour batter into greased and floured 8-inch square dish. Bake at 350 degrees for 30 to 35 minutes. Frost with plain white icing tinted yellow.

Decorations: Color coconut green and make a nest on each corner of cake, fill with colored jelly beans. (You'll need about 3/4 c. coconut.) You'll need about 20 jelly beans, placing 5 in each corner. Place a marshmallow bunny in each corner near the nest. To make a bunny, elongate a marshmallow to an oval shape. With scissors, snip long triangular cuts to make ears. Push ears up and forward. Shape nose, front feet and tail by pinching with fingers. Use red coloring on a toothpick to paint on eyes, nose and mouth.

SHRIMP DELIGHT

1 1/2 c. precooked rice	1 1/2 c. tomato juice
1 c. finely chopped onion	1 c. sharp cheese, shredded
1/2 c. chopped green pepper	1 1/2 c. cooked cleaned shrimp, cut in half
2 T. butter	1 t. salt
2 T. flour	Buttered crumbs

Prepare rice as directed on package. Saute onion and pepper in butter, blend in flour and tomato juice. Cook, stirring constantly, until thickened. Add cheese and stir until melted. Add shrimp, rice and salt; stir well. Pour into greased 1 1/2 quart casserole. Top with buttered crumbs. Bake uncovered at 350 degrees for 25 minutes. 5 to 6 servings. Note: 1 pound green shrimp will yield about 1 1/2 c. cooked shrimp.

April 3, 1958

Shop STAR MARKET for the best food buys. In food it's everything under the STARS. Ask for Trudy's Special Menu of the Week.

April 4, 1958

COOKIE OF THE WEEK. . . .

EASTER BONNETS

2 c. cake flour	1 egg
1 1/2 t. baking powder	3 squares chocolate, melted
1/2 t. soda	2 T. milk
1/4 t. salt	Marshmallows
1/2 t. cinnamon	White icing
1/2 c. shortening	Colorings
1 c. sugar	Shredded coconut

Sift flour, baking powder, soda, salt and cinnamon. Cream shortening and sugar, add egg and chocolate. Add milk and sifted dry ingredients. Mix well. Chill. Roll 1/8 inch thick and cut with scalloped, round cutter about 3 inches in diameter. Bake on ungreased baking sheet 350 degrees for about 8 minutes.

To Make Bonnets:

Cut marshmallows in half crosswise and place on warm cookie or fasten in place on cooled cookie with a small amount of icing. The marshmallow forms the crown of the bonnet, the cooky the brim. Spread desired colored frosting over the crown. Sprinkle with shredded coconut if desired, or decorate with pastry tube or small cake decorations or gum drops cut into pieces. Fasten candies in place with frosting. Here is a place where you can really let your imagination run wild. . .see what pretty creations you can fashion.

LOBSTER PIE

2 T. butter	1 T. flour
1/2 pound lobster meat	3/4 c. Genesee Country light cream
1/4 c. sherry	2 egg yolks
3 T. butter	

Melt butter, add sherry, boil 1 minute. Add lobster and let stand. Melt the 3 T. butter, add flour and stir until it bubbles. Slowly stir in cream and sherry drained from lobster. Return to heat and cook, stirring constantly, until the sauce is thick and smooth. Remove from heat. Beat egg yolks well, stir into yolks about 4 T. of the sauce, 1 T. at a time. Add to sauce, mixing well. Heat over hot water for about 3 minutes. Be sure water does not boil for this may cause sauce to curdle. Remove from heat, add lobster, turn into small deep pie plate. Sprinkle with topping and bake at 300 degrees for about 10 minutes. Serves 2.

Topping:

1/4 c. cracker crumbs or meal	1/4 t. paprika
2 T. finely crushed potato chips	1 T. Parmesan cheese
	2 T. melted butter

Combine all ingredients and sprinkle on top of pie before baking.

* * * * *

With Easter and springtime here, let us be reminded that the abiding things of this world are Faith, Hope, and Love.

HAPPY EASTER

Trudy McNall's

MENU OF THE WEEK

Prepared Especially for STAR

WATCH "HOME COOKING" 2:30 P.M. WROC-TV • Channel 5

March 27, 1958

SMOTHERED CHICKEN

Chicken parts, for 6 servings
Flour
Salt and pepper
1/2 c. shortening
1/2 pound mushrooms, optional
1/2 c. chopped onion
1 can cream of chicken soup
1 c. milk

Sprinkle chicken with salt and pepper and dredge with flour. Brown in shortening. Remove chicken. Pour off all but 3 T. of the shortening. Saute mushrooms until tender, add onion and saute for a few minutes. Add chicken soup and milk and cook, stirring constantly, until mixture is smooth. Place chicken in casserole, pour sauce over all. Cover and bake at 325 degrees for about 1 hour or until chicken is tender.

HALIBUT WITH ALMONDS

2 pounds halibut steaks
1 1/4 c. milk, scalded
3/4 t. salt
Dash pepper
3 T. butter
3 T. flour
1 T. lemon juice
1/4 c. slivered toasted almonds
Paprika and parsley

Thaw frozen steaks. Place in a well-greased baking pan 11 x 7 x 1 1/2 inches. To milk add seasonings and pour over fish. Bake at 350 degrees for 15 minutes. Remove from oven. Drain liquid and save. Place fish on hot platter to keep warm. Melt butter; blend in flour. Add hot liquid gradually and cook until thick, stirring constantly. Add lemon juice. Pour over fish and top with almonds and paprika. Sprinkle with parsley. Serves 6.

MENU NO. 1 . . . Smothered Chicken, Mashed Potatoes, Asparagus, Green Salad, Strawberry Whipped Cream Pie.

STRAWBERRY WHIPPED CREAM PIE

1 1/2 c. milk
1/2 c. sugar
1/4 t. salt
3 T. flour
2 eggs
1 T. butter
1/2 t. vanilla
1—9 inch baked pie shell
1 1/2 c. heavy cream, whipped
1 c. TOP FROST frozen strawberries or raspberries
Shaved bitter or bittersweet chocolate

Scald milk in double boiler. Combine dry ingredients, add remaining 1/2 c. milk to make a smooth paste. Pour into the hot milk and stir until thick. Beat eggs and add to the hot mixture and cook for 5 minutes. Remove from heat; add butter and vanilla. Cool and pour into baked pie shell. Combine whipped cream and frozen berries. Pile on top of cream filling, sprinkle with bitter chocolate, shaved. Note: This is a pretty pie for a luncheon when you are possibly just serving a casserole dish and a salad.

ASPARAGUS

Serve as a vegetable with either the chicken or fish dish of today. In preparing asparagus, remove the "scales" with a paring knife and wash in cold water. Sand sticks like mad to these scales and in the tiny ridges of the stock unless care is taken. The white part of the stock should be broken off, too. Tie the stalks in a small bunch and stand in a deep pot, or lay flat in a shallow pan. Use small amount of water, cover and simmer about 12 minutes or until tender. Serve with melted butter or with a dab of mayonnaise whipped up with a dash of lemon. Garnish with a lemon twist.

MENU NO. 2 . . . Halibut with Almonds, Parsley Buttered Potato, Asparagus, Hearts of Lettuce with Roquefort Dressing, Strawberry Whipped Cream Pie.

WROC - Television
Channel 5

TRUDY McNALL'S
HOME COOKING RECIPES

April 7 - 18, 1958

Weekdays
2:30 P.M.

April 7, 1958

CHEESE PUFF PORK CHOPS

4 pork chops	1 small onion, minced
2 T. butter	1/2 c. grated Parmesan cheese
1/3 c. flour	1 t. salt
2/3 c. milk	Dash pepper
1 egg	

Brown pork chops on one side in a heavy skillet; sprinkle with salt and pepper. Melt butter, blend in flour; slowly stir in milk. Cook, stirring constantly, until mixture makes a very thick paste; add egg and beat well, cook until mixture is shiny. Add onion, cheese, salt and pepper and mix well. Turn over chops and place a spoonful of batter on top of each. Brown bottom of chops for 5 minutes, place in moderate oven at 350 degrees for 30 minutes. (Note: The toppings for these chops are very much like cream puffs but flavored with onion and cheese.)

RHUBARB PUFFS

1 c. thinly sliced rhubarb	1/2 t. vanilla
2/3 c. sugar	1 c. flour
1/3 c. shortening	1/4 t. salt
1 egg, separated	1 1/2 t. baking powder
	1/3 c. milk

Mix sliced rhubarb with 1/3 c. of the sugar. Place rhubarb mixture in bottom of 6 well buttered custard cups. Cream shortening; add remaining 1/3 c. sugar; beat until well blended. Stir in egg yolk and vanilla; mix well. Sift flour, salt and baking powder. Add to creamed mixture alternately with milk. Fold in stiffly beaten egg white. Spoon batter over rhubarb in custard cups. Bake at 350 degrees for 30 minutes. Turn out and serve with sauce.

Sauce for Rhubarb Puffs: Combine 2 c. sliced rhubarb, 2 T. sugar and 1/2 c. white corn syrup. Cover and bring mixture to a boil. Simmer 10 minutes.

Note: Bake a vegetable. . .see Frozen Vegetable Chart under March 31, 1958

SPECIAL GUEST TODAY: Mr. Herman from Herman's Pastry Shop, 1795 Monroe Avenue, Rochester, N.Y. Preview Demonstration "April in the Alps."

April 8, 1958

Mrs. Russell Schrader, Guest Demonstrator
Demonstrating an original recipe.

RUTH SCHRADER'S FAMILY TREAT

1--4 oz. package SCHRADER'S chipped beef	1/2 c. water
3 T. butter or margarine	*Medium cream sauce
	1/2 c. grated cheese (I suggest Velveeta)

Frizzle chipped beef in the butter or margarine until slightly browned. Add water and simmer for two or three minutes. (This gives the sauce the extra flavor.) To this broth and meat slowly add the medium cream sauce* mixture and simmer. As the added touch, add 1/2 c. of your favorite cheese. This can be served over toast points but my family have always liked it over cooked noodles.

*MEDIUM CREAM SAUCE

3 T. butter	1/4 t. salt
2 T. flour	1 c. milk

Melt butter, stir in flour and blend well. Add salt, gradually stir in milk. Cook, stirring constantly until mixture is thick and smooth.

CHOCOLATE SUNDAE PIE

(Serve this delectable pie with whipped cream or vanilla ice cream. . .calories and all. . .it is loved by all chocolate lovers.)

2 squares chocolate	1/2 c. chopped nuts
2 t. butter	1/3 c. milk
3/4 c. flour	1/2 t. vanilla
3 1/2 t. baking powder	1 square chocolate
1/4 t. salt	1 c. water
1/2 c. sugar	3/4 c. sugar

9 inch pie shell, unbaked

Melt the 2 squares chocolate and butter. Sift flour, baking powder, salt and 1/2 c. sugar. Stir in nuts. Add the milk and vanilla, mix until smooth, add chocolate mixture, spread evenly over bottom of unbaked pie shell. Combine the 1 square chocolate, water and 3/4 c. sugar, heat until sugar is dissolved and bring to a boil. Pour over the mixture in the pie shell. Bake at 375 degrees for about 45 minutes.

ASPARAGUS SOUR CREAM

Asparagus, cooked	1 T. Nance's Mustard Supreme
1 c. Dairy Sour Cream	Buttered bread crumbs
1/4 c. Old Dutch Mayonnaise	

Combine sour cream and mayonnaise. Heat and pour over asparagus. Sprinkle with buttered crumbs. Place under broiler until bubbly. Delicious as a vegetable with Mrs. Schrader's Family Treat.

April 9, 1958

OVEN DINNER

Mock Tenderloins — Baked Potatoes
Scalloped Tomatoes and Corn
Crumb Pudding

MOCK TENDERLOINS

1 pound round steak ground	2 eggs
1/2 pound lean pork, ground	2 t. salt
1 c. fine cracker crumbs	Dash pepper
	1 T. chopped onion
	1 1/2 c. milk
	Sliced bacon

Combine ground meat, cracker crumbs, beaten eggs, salt, pepper, onion and milk. Shape into good size patties, wrapping a strip of bacon around edge and fasten to hold in shape. Place in buttered baking dish. Bake at 350 degrees for 1 hour. Makes 6 patties.

BAKED POTATOES

Bake at 350 degrees for 1 1/4 hours for medium sized potatoes.

SCALLOPED TOMATOES AND CORN

2 1/2 c. corn	1 T. butter
2 1/2 c. tomatoes	Salt
1/2 c. cracker meal	Pepper

Combine all ingredients. Place in buttered baking dish and bake at 350 degrees for 1 hour.

CRUMB PUDDING

1/3 c. butter	1/2 c. raisins
1/2 c. sugar	1/2 c. chopped nuts
1 egg	1/4 c. cake flour
1/2 c. molasses	1 t. cinnamon
1/2 c. buttermilk	1/2 t. cloves
1/2 t. soda	2 c. bread crumbs

Cream butter and sugar, add eggs and mix well. Add molasses, sour milk mixed with soda, raisins, nuts and flour sifted with cinnamon and cloves. Finally add crumbs Place in well-greased casserole, cover and bake at 350 degrees for 15 minutes, uncover and bake for 15 minutes longer. Serve plain or with cream.

April 10, 1958

SHOP STAR MARKET FOR TOP VALUES. Ask for Trudy McNall's recipes of the week. Prepared just for STAR.

April 11, 1958

BROILED SWORDFISH WITH BARBECUE SAUCE

4 small swordfish steaks (individual servings)	2 T. brown sugar
1/4 c. minced onion	1/2 c. water
1/4 c. chopped green pepper	1 T. Nance's Mustard Supreme
3 T. butter	1 t. Worcestershire sauce
1/2 c. chili sauce	1/2 t. salt (for sauce)
1/2 c. ketchup	Dash pepper
1/3 c. lemon juice	Melted butter
	Salt and pepper

Pour melted butter over fish, sprinkle with salt and pepper on both sides and place on preheated broiler pan about 2 inches below the source of heat. Broil 3 minutes the first side, turn, broil about 4 minutes the other side or until fish flakes easily with a fork. Baste with butter frequently during the broiling process. For the sauce: Saute onion and green pepper in butter about 3 minutes. Add other ingredients and simmer for 10 minutes. Serve hot over swordfish steaks.

Serve a green vegetable with the fish. . .green beans, broccoli, asparagus, spinach, or peas. . . pick your family's favorite.

COOKIE OF THE WEEK. . .

MOTHER'S BUTTERMILK COOKIES

1 c. shortening	1 t. baking powder
1 1/2 c. sugar	1 t. soda
1 egg	1/4 t. nutmeg
4 c. flour	1 c. buttermilk

Dash salt

Cream shortening and sugar. Add egg and blend well. Sift dry ingredients and add alternately with sour milk or buttermilk to first mixture. Drop by spoonfuls onto lightly greased cookie sheet. Bake at 400 degrees for 12 minutes. If desired, sprinkle with sugar before baking.

DELICIOUS PEANUT LOAF
(A cake or tea bread)

1/2 c. chopped peanuts	1 t. baking powder
3 T. butter or shortening	1/2 t. salt
1/4 c. brown sugar	2 T. Old Dutch peanut butter
1 c. chopped peanuts	3 T. melted butter
2 c. flour	1 egg
1/2 t. cinnamon	1 c. brown sugar
1/2 t. soda	1 c. buttermilk

Grease and flour sides only of small loaf pan. Spread the 3 T. butter on bottom. Cover with the 1/4 c. brown sugar and sprinkle with the 1/2 c. chopped peanuts. Sift flour, cinnamon, soda, baking powder and salt. Combine peanut butter and melted butter. Beat egg well, add the 1 c. brown sugar and then the combined peanut butter and melted butter. Add the 1 c. chopped peanuts, add dry ingredients and mix until blended, add buttermilk all at once and mix well. Pour batter in prepared loaf pan, bake at 350 degrees for 1 hour and 20 minutes. When cake is removed from oven let stand on a rack for 5 minutes, invert, remove cake and cool.

April 14, 1958

Guest: Mr. Frank D'Amanda, demonstrating recipes that he will use at the Art Gallery during "April in the Alps."

HEARTS OF ARTICHOKES LIBERTY HALL

1 can hearts of artichokes, packed in brine
Melted butter
Sliced almonds or sesame seeds
Salt, pepper
Garlic powder
Saltee Rye Melba Rounds

Drain and rinse artichokes thoroughly, cut in half. (Best done with kitchen shears.) Place each half, cut side up, on one Saltee Rye Melba Round. Pour melted butter generously into artichoke crevices, allowing some to run over on rounds. Add seasonings to taste. These can be stirred into the melted butter. Sprinkle sliced almonds or sesame seeds over the artichokes. Bake at 350 degrees for 10 minutes and brown lightly under broiler.

STUFFED MUSHROOMS LIBERTY HALL

12 mushrooms, about the size of half dollar
Bread crumbs (home-made much preferred)
Chopped almonds
8 t. olive oil
Salt, pepper, garlic powder

Remove stems from mushrooms and wash well; place caps, hollow side up in shallow pan. Sprinkle with salt, pepper and dash of garlic powder; fill about 1/3 with chopped almonds and top with 2/3 bread crumbs. Make slight depression in crumbs (so oil won't run out) and slowly put in 2/3 t. olive oil. Bake at 350 degrees for 10 minutes, and then brown lightly under broiler.

CIAMBOTTA LIBERTY HALL
(Pronounced Cham-botta -- rhymes with bought)

1/2 can Italian peeled tomatoes
6 T. olive oil
6 green peppers
1 1/2 c. olive oil

Place the 6 T. oil in saucepan, add tomatoes and cook down over slow fire, stirring frequently for at least 1 1/2 hours. Tomatoes should look dark red and glossy. Halve peppers, remove stalks and seeds and slice in inch strips. Fry in the 1 1/2 c. oil until peppers are brownish and soft, turning occasionally. Remove from oil and salt generously. Combine peppers and tomatoes and serve warm on small slices of Italian bread. N.B. Oil used in frying may be kept for subsequent use or can be used for salad dressings, et cetera.

April 15, 1958

ONION SWISS STEAK

1 1/2 pounds round steak
1/4 c. flour
1/4 c. shortening
1 can onion soup, undiluted
1/2 c. Dairy Sour Cream

Cut steak into serving size pieces. Pound flour into meat. Brown steak in shortening on both sides. Combine onion soup and sour cream. Pour over meat. Simmer for about 1 hour or until fork tender. Add more liquid if necessary (water may be used). Serve with fluffy mashed potatoes.

SWISS CHOCOLATE TORTE

3 egg whites
1/4 t. cream of tartar
1 c. sugar
1--6 ounce package semi-sweet chocolate bits, melted
3 egg yolks
1/4 c. water
1 c. heavy cream
1/4 c. sugar
1/4 t. cinnamon
Pecans, optional

For the torte shell beat egg whites with cream of tartar until frothy. Add sugar a little at a time and continue beating until very stiff peaks are formed. Cut an 8" circle of heavy brown paper and place on cookie sheet or grease cookie sheet, dust with cornstarch and draw an 8" circle to use as a guide. Spread meringue on circle, building up sides. Form a fancy edge with a pastry tube or make a rippled edge with a spoon. Bake at 275 degrees for 1 hour. Let dry in oven for 2 hours. If using paper, peel it off, place shell on serving plate and fill with filling. To make filling, spread first of all about 2 T. of the melted chocolate over bottom of meringue shell. Blend the remaining chocolate with the egg yolks and water; chill until thickened. Combine cream, sugar and cinnamon; whip until stiff. Reserve about 1/4 c. for garnish. Spread half of whipped cream over chocolate in shell. Fold remaining whipped cream into chilled chocolate mixture; pile into shell. Chill several hours or overnight. Garnish with reserved whipped cream and pecans if desired. Makes 8 servings.

Home Cooking welcomes today home economic students from Cornell University.

April 16, 1958

Be sure to visit the Art Gallery today or tomorrow between 1:30 and 10:30 to see "APRIL IN THE ALPS." To put you in the mood, here is a Swiss Menu with recipes. Veau a la Suisse. . . Rosti. . . Buttered Asparagus. . .Soft Rolls. . . Butter. . .Fresh Strawberry Tarts. . .Coffee.

VEAU A LA SUISSE

2 pounds loin of veal, slivered
1 medium onion, finely chopped
1/4 c. butter, melted
3 T. flour
1 1/2 t. salt
1/2 t. freshly ground pepper
1/2 to 1 c. white wine
1 c. chicken broth

With a very sharp knife, cut the veal into the smallest slivers. It must not be ground, but cut. Chop the onion and set aside until the butter has been melted in a skillet. When it is hot add the slivered veal and cook until the meat turns white, only 2 or 3 minutes, stirring constantly. Remove the meat to a warm serving dish, add the onion to the skillet and stir over low heat until it is translucent but not brown. Add the flour and seasonings. Stir in 1/2 c. wine and the chicken broth. Stir until thickened. Add veal and cook over low heat, stirring frequently, for 15 minutes until the veal is tender. The resulting dish should be pale and the sauce around the veal slivers thick. Garnish with finely chopped parsley. Dr. Irving, who specializes in this dish, uses a Mozelle wine and serves the remainder of the bottle with the meal.

ROSTI (Swiss Pan Browned Potatoes)

3 c. cold boiled potatoes, grated
3 T. butter
1 T. bacon drippings
1 t. salt
1/2 t. freshly ground pepper

This is a Swiss dish prepared from potatoes which have been boiled in their jackets, if possible the day before you want to use them. Peel and grate the potatoes, add seasonings and stir lightly. Melt butter and bacon drippings in a heavy skillet, when hot, put potatoes into the pan and press into a smooth cake with the back of a large spoon. Cover and cook over medium heat until heated through, about 8 minutes. Remove cover and continue cooking to form crisp brown crust on bottom, about 5 minutes. Loosen edges with spatula. Place plate over top of skillet and invert to transfer potato cake to serving plate browned side up. The cake should be crusty, brown, hot, and about an inch thick. Cut into wedges for serving. Half this amount, in small skillet, is even more easily made and served for two hungry people.

FRESH STRAWBERRY TARTS

1--8 ounce package cream cheese
1/2 c. sugar
2 T. lemon juice
1 t. grated lemon rind
2 T. cream
8 baked tart shells
Fresh ripe strawberries
*Strawberry glaze

Mix cream cheese, sugar, lemon juice, rind and cream until of whipped cream consistency. Line tart shells with this mixture. Fill with fresh whole ripe berries and cover with Strawberry Glaze.

Strawberry Glaze:

3 c. strawberries
1 c. sugar
3 T. cornstarch

Mash berries with the sugar and let stand for 30 minutes. Mix with the cornstarch and cook until thick and clear, stirring constantly. Strain and cool. Pour over the berries in tart shells. Garnish with whipped cream. Note: This recipe will also make a 9 inch pie if you prefer instead of tarts.

April 17, 1958 STAR MARKET DAY

April 18, 1958

POACHED FILLETS WITH SHRIMP SAUCE

1 T. butter
2 pounds fillets of cod, sole, haddock, flounder, or perch
1 small onion, sliced
1 t. chopped parsley
1/4 c. chopped celery tops
1 bay leaf
1 t. salt
1/4 t. paprika
1 can frozen cream of shrimp soup
1/4 c. stuffed olives, sliced
1/2 c. milk

Melt butter in skillet, arrange fish in single layer in pan. Add onion, parsley, celery tops, bay leaf, salt and paprika. Pour milk around fish. Cover and simmer for 15 minutes or until fish flakes easily. Heat soup over low heat or in double boiler. Arrange fish on platter; cover with hot soup and garnish with sliced olives. 6 servings.

CHOCOLATE CAKE AND ICE CREAM

(Thanks to New York State Gas and Electric Co. from Electric Kitchen Party, Channel 12, Binghamton, New York.)

1 quart vanilla ice cream
1/2 c. shortening
1 1/3 c. sugar
2 eggs
1 t. vanilla
2 squares chocolate
3/4 c. evaporated milk
1/4 c. water
2 c. flour
2 1/2 t. baking powder
1 t. salt
1/4 t. baking soda

Line a 9" layer cake pan with waxed paper; spread evenly with softened ice cream and freeze. Cream shortening and sugar. Add eggs and vanilla; beat until light and fluffy. Combine unsweetened chocolate, evaporated milk and water; melt over low heat. Sift together flour, baking powder, salt and baking soda. Add dry ingredients alternately to the creamed mixture with the melted chocolate liquid. Beat just until smooth. Pour into two 9" layer pans, lined with waxed paper. Bake at 350 degrees for 30 minutes. Cool. To serve: Remove ice cream from pan by running knife around edge. Tap pan gently until ice cream layer loosens. Place on top of first layer of chocolate cake. Set second layer of cake over ice cream. Cover top layer with frosting. Place cake in freezer at least 2 hours before serving. Makes 12 servings.

Frosting:

1--6 ounce pkg. semi-sweet chocolate bits
2 T. butter
1/4 c. evaporated milk

Combine all ingredients and melt over low heat. Beat until smooth and glossy.

NOTE: IMPORTANT CORRECTION: Pineapple Drop Cookies, March 4, 1958. Amount of pineapple should be 3/4 c. and not 3/4 t. Sorry.

Trudy McNall's

MENU OF THE WEEK

Prepared Especially for STAR

WATCH "HOME COOKING" 2:30 P.M. WROC-TV • Channel 5

April 10, 1958

SUGGESTED MENU NO. 1: Glazed Boneless Corned Beef, Lima Bean Casserole, Baked Whole Apricots, Crisp Green Salad, Rye Bread, Strawberry-Peach Bavarian Pie.

SUGGESTED MENU NO. 2: Pork Chop Potato Scallop, Baked Frozen Vegetable, Green Salad, Strawberry-Peach Bavarian Pie.

GLAZED BONELESS ROUND SUGAR CURED CORNED BEEF

Cover corned beef with cold water, bring to a boil and simmer uncovered for 5 minutes. Remove any skum that will come to the top. Cover and simmer until meat is tender, about 1 hour per pound of meat. To glaze: Place drained corned beef in baking pan; score and stud with cloves. Combine 1/2 c. brown sugar and enough Nance's Mustard to make a paste. Place in moderate oven 350 degrees until glazed, about 15 minutes. Garnish platter with whole peeled apricots. If desired, the apricots may be heated with the corned beef. A little of the apricot juice spooned over the brown sugar-mustard topping is good.

PORK CHOP-POTATO SCALLOP

- 6 center-cut pork chops
- Salt and pepper
- 2 c. coarsely grated potatoes
- 2 T. grated onion
- 2 T. flour
- 1 1/2 t. salt
- 1 1/2 c. milk

Brown pork chops in heavy skillet. Season with salt and pepper. Combine remaining ingredients in order given. Place potatoes in well-buttered shallow baking dish. Place browned chops on potato mixture. Bake uncovered at 350 degrees 1 hour.

LIMA BEAN CASSEROLE

- 2 medium onions, sliced
- 2 T. butter
- 1 can (4 oz.) sliced mushrooms, drained
- 2 packages Top Frost lima beans
- 1/4 t. salt
- 3/4 c. heavy cream
- 1/2 c. grated Parmesan cheese
- 1 can cream of mushroom soup

Saute onions in butter. Stir in drained mushrooms, and soup. Cook limas in boiling water for 5 minutes. Add salt and mushroom-onion mixture. Pour into well buttered casserole. Pour over the cream and top with the grated Parmesan cheese. Bake at 350 degrees for about 40 minutes.

STRAWBERRY-PEACH BAVARIAN PIE

- 1 pkg. frozen sliced peaches, thawed
- 1 T. lemon juice
- 3 T. sugar
- 1 t. almond extract
- Dash salt
- 2 T. plus 2 t. unflavored gelatin
- 1 pkg. lady fingers
- 1 c. heavy cream, whipped
- 1 pkg. frozen sliced strawberries, thawed

Combine cut-up peaches; add lemon juice, sugar, almond extract and salt. Combine 1 T. plus 2 t. gelatin with 1/4 c. cold water; add 1/4 c. boiling water, stirring until dissolved. Add to peach mixture; chill until thick and syrupy. Break up lady fingers to cover bottom of 9" pie plate; line sides of pan with lady fingers separated and cut in half crosswise. Fold whipped cream into thickened gelatin-peach mixture; turn into pie plate and chill. Prepare remaining gelatin with water as directed above; add to strawberries and chill until thick and syrupy. Spoon over peach filling and chill until set (a few hours or overnight). If desired, garnish with whipped cream. Makes 8 servings.

Trudy McNall's

MENU OF THE WEEK

Prepared Especially for STAR

WATCH "HOME COOKING" 2:30 P.M. WROC-TV • Channel 5

April 17, 1958

CHICKEN FRICASSEE

1 fresh fowl
1 quart hot water
1 piece celery
1 slice onion
1 sprig parsley
1 whole carrot
1 T. salt

Place fowl in kettle, add all ingredients. Cover tightly and let simmer for about 2 1/2 hours until chicken is tender. Let the meat of the chicken cool in the liquid. When you remove the chicken, measure liquid. You should have about 2 cups for the Fricassee Sauce.

FRICASSEE SAUCE (4 servings)

4 T. chicken fat or butter
4 T. flour
2 c. chicken stock
1/2 c. cream (you may omit and use 1/2 c. more of stock
Meat from fowl
Salt and pepper to taste

Melt fat, add flour and blend well. Add chicken stock and cook, stirring constantly until smooth and thick. Add cream and continue to cook. Season to taste. Pour over chicken. Serve hot from a deep platter or casserole with baking powder biscuits.

BISCUITS

2 c. flour
3 t. baking powder
1 t. salt
1/3 c shortening
3/4 c. milk

Sift flour, baking powder and salt. Cut in shortening until mixture resembles coarse corn meal. Add all of milk and mix to a smooth dough. Turn out on lightly floured surface. Knead lightly. Pat or roll 1/2 inch thick. Cut with biscuit cutter. Place on ungreased baking sheet. Bake in hot oven 450 degrees for 12 to 15 minutes. Yield: About 1 1/2 dozen 2" biscuits.

IMPORTANT INFORMATION: A fowl weighing 3 1/2 to 4 pounds will yield about 2 1/2 cups of cooked chicken meat.

NOTE: Star Markets have a repeat special this week on SMOKED DAISIES...boneless, no waste, 1 1/2 to 3 pound average. Have you tried pan frying slices of Smoked Daisies? Delicious with eggs for breakfast. Cover Daisie with water and simmer about 30 minutes per pound. Cool thoroughly. Slice 1/4 to 1/2 inch thick. Fry in small amount of fat about 2 minutes on each side.

CORN PUDDING OR SCALLOPED CORN

1 1/2 c. Food Club kernel corn
1 c. thin cream or evaporated milk
2 T. butter
2 T. flour
1 t. salt
Dash pepper
2 eggs, beaten
1/2 c. buttered crumbs
1 T. sugar

Drain liquid from corn, add enough thin cream or evaporated milk to make 1 c. Melt butter, stir in flour, sugar, salt and pepper. Stir until blended. Gradually add liquid and cook, stirring constantly, until thickened. Remove from heat, add corn and beaten eggs. Pour into buttered casserole. Bake in a shallow pan of water at 350 degrees for 45 to 50 minutes. 4 servings. CHECK VALUE ON FOOD CLUB CREAM OR KERNEL CORN.

CHEESE CAKE

(This one will not fail and it freezes beautifully. Very pretty served with peach halves as a garnish. CHECK STAR MARKETS VALUE ON GAYLORD BRAND PEACH AND PEAR HALVES.)

1 pound cream cheese
4 T. flour
1 T. cornstarch
2 1/2 T. sugar
1 whole egg
1/2 t. salt
1/2 T. butter
1/2 t. vanilla
1/4 t. almond extract
6 T. sour cream
1 c. milk
1/2 c. egg whites
2 1/2 T. sugar
Graham cracker crumbs
1/2 pint whipped sour cream
Cinnamon

Combine cream cheese, flour, cornstarch, 2 1/2 T. sugar, whole egg, salt, butter, vanilla and almond. Beat together for 3 minutes, slowly add the 6 T. sour cream and the 1 c. milk. Beat to a stiff peak the 1/2 c. egg whites, add the 2 1/2 T. sugar and beat to a stiff meringue. Fold into the cheese mixture. Bake in an angel food cake tin or spring form pan that has been greased and dusted with graham cracker crumbs. Bake at 275 degrees for 2 hours. When cool, invert on a serving plate and spread with whipped sour cream and a faint sprinkling of cinnamon.

TRUDY MC NALL'S

Rochester's FIRST Station

WROC-TV CHANNEL 5

A TRANSCONTINENT TELEVISION CORPORATION STATION

ROCHESTER BROADCASTING CENTER

201 HUMBOLDT STREET, ROCHESTER 3, N. Y.

April 21 and 22, 1958

Home Cooking welcomes to the program Mr. Ronald Davis from the National Livestock and Meat Board. On April 21st he will devote the program to the art of carving cooked meats. These meats include cuts for festive occasions as well as those for everyday living. "Relax and Enjoy Cooking Meat Outdoors" is the theme of the second day's program. If you would like the booklet entitled "A Handy Guide for Carving Meat" just say so and we'll include same with your next recipes. We wish to thank the National Livestock and Meat Board for making this entertaining and educational series available to us.

April 23, 1958

SAUCY STEAK

1 beef round steak, cut 1/2 inch thick	1 can (10 1/2 ounces) condensed onion soup
1/4 c. flour	1/2 c. water
1/2 t. salt	1/2 t. celery seed
1/8 t. pepper	2 T. chili sauce
3 T. shortening	

Combine flour, salt and pepper. Pound steak with seasoned flour. Cut into serving pieces. Brown in shortening. Add onion soup, water, celery seed and chili sauce. Cover tightly and simmer 1 1/2 hours or until meat is tender. 5 to 6 servings. Note: Meat may be baked in the oven at 350 degrees for 1 1/2 hours or until tender.

DOLL CAKE
"For a Little Girl"
Special Repeat Request
First Demonstrated 2/21/55

3/4 c. shortening	3 c. flour (sifted cake)
1 1/2 c. sugar	3 1/2 t. baking powder
1 t. almond flavoring	1/2 t. salt
1 t. vanilla	1 c. milk
3 eggs	*A little doll

Cream shortening, add sugar gradually, cream together until light and fluffy. Add flavorings and eggs. Sift together dry ingredients and add alternately with milk to shortening mixture. Pour batter into well greased and floured Pyrex or metal bowl having a capacity of about 2 1/2 quarts. Bake at 300 degrees for 1 1/2 hours or until cake tests done in the center. Frost cake with Butter-creme frosting. Tint frosting if desired. Cut hole in top of cake, removing enough cake to insert small doll to the waist. Doll may be dressed to the waist with material in color to harmonize with skirt. If desired, you may dress doll entirely and wrap in aluminum foil or cellophane to the waist, so that doll may be inserted in cake without soiling the doll's dress. Or you may use frosting to cover the top of the doll to make a strapless dress. For a very attractive skirt this is what you do: Purchase a decorating comb or make one of cardboard, just take a straight piece of heavy cardboard and cut out quarter inch notches. This comb is moved in a slight up-and-down motion as you work it around the cake. For best results, this scalloped effect should be started at the base of the cake. The cake is pretty without any further decorating but if you are handy with a pastry tube you can have a lot of fun decorating the dress. It's difficult to describe decorations but perhaps you can get an idea. . . . .After frosting cake and marking ruffles make a bustle on the skirt (where you usually would find a bustle). To do this use rose tube No. 104. Mark with a toothpick where you want the bustle to be. Then with the large end of the tube touching the cake and the narrow end standing down and out, begin squeezing the tube and moving along the curve with a slight back-and-forth motion. This gives the fluted edge effect. A very dainty effect can be obtained by alternating the ruffles, such as pink and white. Make a sash with frosting using a plain tube and let streamers fall down the sides of the dress.

BUTTER-CREME ICING
(For Frosting and Decorating)

1/2 c. shortening	4 egg whites, unbeaten
1/2 c. butter	2 pounds confectioners sugar
	2 t. vanilla

Cream shortening and butter together until light and fluffy. Add part of the sugar, continue creaming until well blended. Add the 4 egg whites and continue beating while adding the rest of the sugar. Add vanilla. Continue beating until very smooth. TIP: If frosting seems too soft for decorating as it might in warm weather, add a little additional confectioners sugar. Be sure to sift confectioners sugar if it appears to be at all lumpy.

Note: ATLANTIC SUPPLY, 380 Main St. East, headquarters for all decorating equipment. Dolls for the doll cake; confectioners sugar, super fine by the pound (bulk); all kinds of doilies on which to place cakes; decorating combs; paste colorings.

April 24, 1958

Shop STAR MARKETS for special values. Ask for Trudy McNall's Menu of the Week prepared especially for Star, using the special meat, vegetable and produce values of the week.

April 25, 1958

COOKIE OF THE WEEK. . . . .
AUNT KATE'S SOFT MOLASSES COOKIES
(Rolled)

1 c. sugar	4 c. flour
1 c. shortening	2 t. soda
1 c. molasses	1 t. salt
3 eggs	1/2 t. cinnamon
1 T. vinegar	1 t. ginger

Sugar to sprinkle

Cream sugar and shortening. Add molasses, eggs and vinegar and blend well. Add sifted dry ingredients. Roll out about 1/8 inch thick. Cut into large cookies. Sprinkle generously with sugar.

Note: You won't want to miss the Home, Flower and Garden Show at the War Memorial, April 26 through May 3. I'll be very happy if you come and visit with me. Look for booth No. B-9. The hours for the show are week nights from 7:30 to 10:30 and two Saturdays and one Sunday 2:30 to 10:30.

Bake at 375 degrees for 12 to 15 minutes.

A QUICKEE FOR FRIDAY DINNER. . . . .
TUNA PIE

Combine 1/2 package onion soup mix, 1 can tuna fish, 1 c. cooked diced potatoes, 1/2 c. diced cooked peas or carrots and 1 c. milk. Heat to boiling. Stir in 2 T. flour blended with 2 T. butter. Pour into casserole, top with ready-to-bake biscuits. Bake in hot oven at 425 degrees for 12 minutes or until biscuits are brown.

RHUBARB CREAM CHIFFON PIE

1 package lemon Jello	1 t. grated lemon rind
3/4 c. boiling water	1/2 c. whipping cream
1/3 c. sugar	2 c. sweetened cooked rhubarb
1 T. lemon juice	

1 baked 9" pie shell

Dissolve Jello in boiling water, add sugar, lemon juice and rind; stir until sugar is dissolved. Chill until mixture begins to thicken. Whip cream until stiff; fold in cooked rhubarb, then fold into gelatin mixture. Spread in pie shell. Chill until firm. Garnish with additional whipped cream if desired. Note: GENESEE COUNTRY MEDIUM CREAM may be used in this pie. Remember to chill cream and bowl well.

April 28, 1958

REPEAT REQUEST. . . . .
ANGEL SPONGE CAKE

(This delicious inexpensive sponge cake has a characteristic sugary crust. A cake tester is a more certain test of doneness than the fingertip test.)

3 egg yolks	1 t. baking powder
2/3 c. cold water	1 t. flavoring, vanilla, lemon, or orange
1 1/4 c. granulated sugar	3 egg whites

1 1/2 c. flour (cake or all purpose)

Beat egg yolks and water together on high speed of electric mixer for 5 to 7 minutes (mixture will be very high in volume) beat in sugar 1 to 2 T. at a time, continuing to beat at high speed. Beat in sugar over a 10 minute period. Sift together flour and baking powder; reduce mixer speed to low and add flour and flavoring just until no free lumps of flour appear in batter. Beat egg whites until stiff, fold into egg yolk mixture. Pour into ungreased 10-inch tube pan and bake at 325 degrees about 1 hour. Invert until cold.

STRAWBERRY MARSHMALLOW FILLING

1 t. unflavored gelatin	1/4 c. sugar
2 T. water	1/2 c. sliced strawberries
2 c. heavy cream, whipped	1/2 c. midget marshmallows

Soften gelatin in cold water, dissolve over hot water. Cool slightly and fold into whipped cream. Add sugar. Set aside 1 1/2 c. of cream to frost outside of cake. To 1/2 c. of cream add marshmallows and strawberries. Use to fill hollow in cake. To Fill Cake: Slice top from cake about 3/4 inch down. Lift off top. Cut down into cake about 1" from outer edge and 1" from middle hole, leaving a "wall" of cake about 1" thick and a 1" base at the bottom. Remove center with spoon. Spoon filling into cavity, replace top. Frost top and sides with sweetened whipped cream. Decorate with whole strawberries. May be held in refrigerator several hours before serving. To freeze, place in freezer until firm (about 1 hour). Remove; package quickly, return to freezer and store 4 to 6 weeks.

SPICY STUFFED FRANKS

2 c. coarsely crumbled cracker crumbs	1/2 t. salt
4 strips bacon	Dash pepper
2 T. minced onion	3 T. ketchup
2 T. minced green pepper	1 lb. SCHRADER'S FRANKFURTERS
	NANCE'S MUSTARD SUPREME

Crumble crackers. Dice bacon and cook until crisp. To 2 T. of the drippings, brown onion and green pepper. Add salt, pepper, ketchup and crackers. Split frankfurters lengthwise almost through. Spread with Nance's Mustard Supreme. Fill with cracker stuffing; place in shallow baking pan. Pour 1/4 c. water around franks and bake uncovered at 350 degrees for 15 minutes or until piping hot. Yield: about 5 servings.

A DELICIOUS ROQUEFORT DRESSING FOR GREEN SALADS

2 eggs	2 c. salad oil
1 1/2 t. salt	2 T. lemon juice
1 T. Nance's Mustard Supreme	1 T. vinegar
1/8 t. white pepper	1 c. Roquefort or blue cheese

Beat eggs until thick, add seasonings, then add oil very slowly beating constantly. Slowly add lemon juice and vinegar. Stir in crumbled cheese. Store in covered jar in refrigerator. Note: Add oil very slowly to eggs to make an emulsion.

April 29, 1958

BARBECUED CHICKEN

3 pounds chicken parts	2 T. Worcestershire sauce
1/2 c. finely chopped onion	2 T. vinegar
1/2 c. finely chopped celery	1 T. Nance's Mustard Supreme
1/2 c. finely chopped green pepper	1/4 c. lemon juice
1/4 c. salad oil	1 c. ketchup
2 T. brown sugar	3/4 c. tomato juice
	1 t. salt
	Dash pepper

Roll chicken in seasoned flour and brown in salad oil. To make sauce, cook onion, celery and green pepper until tender. Blend in remaining ingredients and simmer for 20 minutes. Pour over browned chicken and cover with sauce. Bake covered for 45 minutes at 350 degrees, then uncover and bake for 15 minutes or until chicken is tender.

Barbecued Chicken is delicious with carrot curls, mustard pickles, OLD HOMESTEAD ORANGE MARMALADE and cottage cheese with chives.

FRENCH ROLL

1 pkg. lemon-custard angel food cake mix	2 c. heavy cream
1 pkg. frozen peaches (thawed and drained)	1/3 c. confectioners sugar

Make cake as directed on package. Then divide into two equal parts. Pour half of mixture into jelly roll pan 15 1/2 x 10 1/2 x 1", other half into loaf pan 9 x 5 x 3. Bake roll about 15 minutes, loaf about 30 minutes at 375 degrees. (Cool, freeze loaf for later use.) Invert to cool. When cool, dust confectioners sugar lightly over towel, loosen cake from pan with spatula and hit pan sharply on table easing cake onto towel. Spread filling to within 1" of long sides. Beginning at long edge, loosely roll cake, making about 1 1/2 turns. Frost cake with whipped cream and garnish with chocolate curls or peaches if desired. Chill before serving. (Cake may be rolled in towel first, then unrolled and filled and frosted just before ready to serve.) Filling: Mix 1 c. heavy cream whipped with 1/3 c. confectioners sugar. Fold in peaches, cut and well drained. Frost with 1 c. whipped whipping cream.

April 30, 1958

CHINESE PEPPER STEAK

1 pound beef chuck, cut into thin strips	2 T. chopped pimiento
2 T. shortening	1/2 c. consomme
2 T. minced onion	Salt and pepper
1 clove garlic, minced	2 t. cornstarch
1/2 c. sliced celery	2 T. water
2 green peppers, cut into strips	1 t. soy sauce

Brown beef in shortening. Add onion, garlic, celery, green peppers and pimiento. Add consomme. Season with salt and pepper. Cover and simmer 20 minutes. Thicken with cornstarch blended with water and soy sauce. Simmer 5 minutes. Serve hot with 3 c. cooked rice. Makes 4 servings.

CHINESE ALMOND COOKIES

2 1/2 c. flour	1 egg
1/2 t. salt	1 T. water
3/4 t. baking powder	1 t. almond extract
1 c. shortening	1/2 c. finely chopped coconut
1 1/2 c. sugar	
1/4 c. blanched almonds, halved	

Sift flour, salt and baking powder. Cream shortening and sugar, beat in egg, water and extract. Add sifted dry ingredients and coconut to creamed mixture. It may be necessary to knead the dough a few times to mix thoroughly. Shape into balls, place on cookie sheet. Flatten with bottom of a glass to 3/8 inch thickness. Top with an almond half. Bake at 350 degrees for 12 to 15 minutes. Yield: 3 1/2 to 4 dozen.

May 1, 1958

Start the Merry Month of May right by shopping for Top Values at your Star Markets. You'll find tops in quality and tops in value and don't forget Top Value Stamps. Ask for Trudy McNall's Menu of the Week.

May 2, 1958

MAYPOLE CAKE. . . . .

SUNSHINE CAKE

5 egg yolks	8 egg whites (1 c.)
1/2 c. sugar	1/2 t. cream of tartar
1 c. cake flour	1/2 t. salt
2 T. cold water	1 c. sugar
1 t. vanilla	

Beat egg yolks until thick (about 5 minutes). Gradually beat in the 1/2 c. sugar. Beat in flour alternately with combined cold water and vanilla. Beat egg whites until stiff with cream of tartar and salt, gradually beat remaining 1 c. sugar into egg whites to make a stiff meringue. Fold meringue into yolk mixture. Bake in ungreased tube pan (10") at 325 degrees for 60 to 65 minutes. Invert and let hang until cold.

WONDERFUL FROSTING
(Failure-proof Boiled Type)

1 1/2 c. sugar	2 T. white Karo
1/3 c. water	2 egg whites, beaten stiff
3 T. confectioners sugar	

Combine sugar, water and Karo. Cook to 238 degrees. Add slowly to stiffly beaten egg whites. Beat until the icing is like heavy cream. Add confectioners sugar and continue beating until of spreadable consistency.

TO MAKE THE MAYPOLE. . . . .

Tint frosting a pale pink. Wind the bottom of a large piece of peppermint stick candy 1" in diameter with paper enough to make it support itself upright in a very small glass tumbler inserted in the stem opening of the cake. Have ready 2 pieces each 1/3 yard in length of the following colors of baby ribbon: Yellow, green, lavender, pink, blue, white. Bring one end of all these pieces of ribbon together at the top of the stick of candy, and tie them on with another piece of colored ribbon. Bring the opposite end of each piece of ribbon out to the edge of the cake (as from a Maypole), making a loop in the ribbon and fasten this loop to the edge of the cake by sticking through it a small pink rosebud candle holder, in which has been placed a candle the color of the piece of ribbon it fastens (if desired). Proceed in this manner until all of the pieces of ribbon have been brought to the edge of the cake and the whole resembles a miniature Maypole.

TEMPTATION TATERS
from: Doris Wilcox, Sonyea, New York

3 T. butter	1/2 c. grated cheese
3 T. minced onion	1 can cream of chicken soup
4 1/2 c. sliced potatoes	2/3 can milk

Brown butter and onion. Mix together soup and milk. Pour over potatoes and cheese. Bake at 350 degrees for 50 minutes. Tip: Doris says she sometimes substitutes cream of celery soup. It's such a handy recipe because you don't have to make white sauce, the soup does the trick.

Fishing for compliments? Try this fish recipe.
FISH TURBANS WITH MUSHROOM STUFFING

2 pounds fish fillets	1 T. chopped onion
Lemon juice	2 c. soft bread crumbs
1/4 c. melted butter	1/2 c. cream
1/2 c. chopped canned mushrooms	2 eggs, beaten
	1 T. minced parsley

Sprinkle fillets with lemon juice and coil each around inside of well buttered muffin tins. Saute onion in melted butter and add mushrooms, crumbs, cream, eggs, and parsley. Mix well. Season with salt and pepper to taste. Cook mixture over low heat until thickened. Spoon into center of each fish turban and bake at 375 degrees for about 18 minutes or until fish flakes when tested with a fork.

EXTRA SPECIAL REPEAT REQUEST. . . . .
Have you tried TRU-MIX CHERRY OR BLUEBERRY PIE FILLING or the old favorite APPLE-TRU? Here is a real compliment getter of a dessert.

JUBILEE CHERRY PIE

1 can TRU-MIX cherry pie filling	2 eggs
9 inch unbaked pastry shell	1/2 c. sugar
12 ounces cream cheese	1/2 t. vanilla
	1 c. Dairy Sour Cream
	Nutmeg

Pour cherry pie filling into unbaked pastry shell; bake at 425 degrees for 15 minutes. Cream cheese until light and fluffy, beat in eggs one at a time, with sugar and vanilla. Spoon cheese mixture on top of cherry pie filling. Reduce temperature to 350 and bake for 30 minutes. Remove pie from oven, cool. Spread sour cream over pie and sprinkle with nutmeg. Chill thoroughly before serving. 6 servings.

Trudy McNall's

MENU OF THE WEEK

Prepared Especially for STAR

WATCH "HOME COOKING" 2:30 P.M. WROC-TV • Channel 5

April 24, 1958

ROAST LONG ISLAND DUCKLING WITH ORANGE STUFFING

Rub inside of duckling with salt and stuff lightly with Orange Stuffing. Place breast side up in roasting pan. Roast, uncovered, at 325 to 350 degrees, allowing 20 to 25 minutes per pound. When done, the meaty part of the leg should feel tender (use a paper towel), and it should be easy to move leg up and down. For a pretty shine, about 30 minutes before duckling is done, brush with Honey Glaze. At serving time garnish the duckling with orange slices, maraschino cherries and parsley.

ORANGE STUFFING

- 3 cups dry bread cubes, toasted
- 2 cups finely diced celery
- 1 tablespoon grated orange rind
- 2/3 cup diced orange sections
- 3/4 teaspoon salt
- 1/2 teaspoon poultry seasoning
- Dash pepper
- 1 beaten egg
- 1/4 cup melted butter

Toss together bread, celery, orange peel, diced orange sections and seasonings. Mix egg and melted butter and add to bread mixture, tossing lightly. This makes enough stuffing for a 5# duckling.

HONEY GLAZE

- 3 tablespoons honey
- 1 teaspoon kitchen bouquet

These are 1958 genuine spring Long Island fresh ducklings, so you can be sure they will be deliciously tender.

PIGS IN BLANKETS

- 10 Schrader's Texas or White Hots
- 2 cups all-purpose flour
- 3 teaspoons baking powder
- 1 teaspoon salt
- 6 tablespoons shortening
- 2/3 cup grated Cheddar cheese
- 2/3 cup milk

Pigs in Blankets (Cont.)

Sift together flour, baking powder, and salt. Cut in shortening. Add grated cheddar cheese. Stir in milk. Knead lightly on a floured pastry cloth. Roll out 1/4 inch thick and cut into oblong pieces 3 inches by 4 inches. Roll each piece around either a Texas or White Hot, letting tip show at each end. Seal well by pinching edge of dough into roll. Bake with sealed side underneath, about 15 minutes at 450 degrees. Serve with a variety of relishes, mustard and catsup for a hearty luncheon or an ideal treat for your teen-agers and their friends.

TOP FROST Frozen Whole Strawberries are a special this week. A wonderful spring dessert can be made by combining equal quantities of Top Frost whole strawberries (not completely thawed) with fresh or canned pineapple chunks and sliced bananas. Serve icy cold with a crisp cookie for a perfect dessert to serve at the meal with the Roast Long Island Duckling.

JELLIED STRAWBERRY CUPS

- 1 cup canned pineapple tidbits, well-drained
- 1 cup TOP FROST frozen whole strawberries, thawed and drained
- Boiling water
- Strawberry and pineapple juice
- 2 tablespoons lemon juice
- Dash of salt
- 1 package strawberry flavored gelatin

Drain pineapple and strawberries, reserving juice. Be careful not to mash berries. Measure juice and add enough water to make 1 1/2 cups and heat to boiling point. Pour over gelatin and stir to dissolve. Add salt and lemon juice and chill until partially thickened. Stir in strawberries and pineapple tidbits. Stir gently to keep strawberries whole. Pour into individual molds ...custard cups work fine. Chill until set and unmold. This can be used for a salad or for dessert.

NOTE: Be sure to use canned pineapple in this recipe because frozen or fresh pineapple contains an enzyme which prevents gelatin from setting.

Trudy McNall's

MENU OF THE WEEK

Prepared Especially for STAR

WATCH "HOME COOKING" 2:30 P.M. WROC-TV • Channel 5

May 1, 1958

CALYPSO POT ROAST

3 to 4 pound blade cut chuck roast-o-beef	4 T. shortening
3 T. flour	1 medium onion, sliced
3 t. salt	1 can (16 oz.) tomatoes
1/4 t. pepper	1/2 t. ginger
	1 clove garlic, minced

Combine flour, salt and pepper. Dredge pot-roast with seasoned flour and brown in shortening. Pour off drippings. Add onion, tomatoes, ginger and garlic. Cover tightly, simmer 3 1/2 to 4 hours, or until tender. Thicken liquid for gravy, if desired. 6 to 8 servings.

CALYPSO REPEAT

Cooked Calypso Pot Roast, sliced	1 can condensed onion soup (10 1/2 oz.)
Pot roast gravy, (1/2 to 1 cup)	Cooked noodles

Mix leftover pot-roast gravy with condensed onion soup. Heat slices of cooked pot roast in gravy mixture just until heated through. Serve over cooked noodles.

SUGGESTED MENU: Calypso Pot Roast, Whipped Potatoes, Buttered Broccoli, Fresh Spinach Salad, Bread, Butter, Peach Cake with Whipped Cream, Beverage.

BRAISED BEEF CUBES WITH VEGETABLES

2 pounds boneless beef for stew	6 medium carrots, cut in half
3 T. flour	6 small onions
1 t. salt	6 large celery stalks, cut in half
Dash pepper	1 package Top Frost frozen peas
2 T. shortening	1/4 c. flour
1 c. water	
3 potatoes, quartered	

Braised Beef Cubes with Vegetables (Cont.)
Dredge meat in seasoned flour. Brown in shortening. Add water, cover and simmer for 1 1/2 hours. Add potatoes, carrots, onions and celery, cover and cook 30 minutes. Add peas and cook 20 minutes or until vegetables are done. Remove meat and vegetables to serving platter. Add water to cooking liquid to make 2 cups. Thicken liquid with 1/4 cup flour for gravy. 6 servings.

SUGGESTED MENU: Tomato Juice, Braised Beef Cubes with Vegetables, Fruit Gelatin Salad, Rolls, Butter, Peach Cake with Whipped Cream, Beverage.

NOTE: Star Markets have a special value this week on Food Club Fancy Cling Peaches, delicious as is for salads, fruit cups and desserts. But here is a simply wonderful cake recipe using canned peaches which has been a popular "Home Cooking Recipe" ever since it was introduced almost 4 years ago. Hope you will try it soon.

PEACH CAKE

2 c. flour	1/2 c. butter
1 t. baking powder	1 1/2 c. sugar
1/2 t. baking soda	2 eggs
1/2 t. salt	1/2 c. chopped nuts
1/8 t. ginger	1 c. mashed canned peaches
1/2 t. nutmeg	1/3 c. milk
1/4 t. cinnamon	1/2 t. vanilla
1/4 t. cloves	

Mix and sift dry ingredients. Cream butter, add sugar and blend well. Add eggs and beat thoroughly until batter is light and fluffy. Add dry ingredients alternately with combined peaches and milk. Last, add the chopped nuts and vanilla. Pour batter into greased and floured 8 inch square pan. Bake at 350 degrees for 1 hour. Cool on cake rack for 15 minutes before turning out. Makes an excellent dessert served with a sprinkling of confectioners sugar or a scroll of whipped cream.

TRUDY MC NALL'S

Rochester's FIRST Station
WROC-TV
CHANNEL 5
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ROCHESTER BROADCASTING CENTER
201 HUMBOLDT STREET, ROCHESTER 3, N. Y.

2:30 P.M.

HOME COOKING RECIPES, MAY 5 - 16, 1958

May 5, 1958

BROILED LAMB PATTIES

1 pound ground lamb
1 t. salt
1/4 c. milk
4 strips bacon

Combine lamb, salt and milk. Form meat into 4 oval patties about 3/4 inch thick. Circle with bacon; anchor ends with toothpicks. Broil 10 minutes; turn patties, broil 10 minutes. Total cooking time 20 minutes. Place broiler so meat will be 4 to 5 inches from heat.

PAPRIKA-PARSLEY POTATOES

Sliced cooked potatoes
Melted butter
Salt and pepper
Paprika and parsley
Aluminum foil

Miter corners of piece of aluminum foil to form a basket. Arrange sliced potatoes in basket. Brush with melted butter and sprinkle with salt and pepper. Broil with meat 10 minutes on each side. Before serving sprinkle with paprika and parsley.

BROILED PEACHERINOS

Peach halves
Currant jelly

Fill peach halves with currant jelly. Broil last 5 minutes with lamb patties and potatoes.

MEXICAN CORN

1 #2 can whole kernel corn
4 T. minced green pepper
1 T. diced pimiento
2 T. onion juice

Combine all ingredients. Place corn in pan below broiler rack before broiling meat.

COCONUT CUSTARD PIE
(The kind that always has a crisp crust)

3 eggs and 2 egg yolks or 4 whole eggs
2/3 c. sugar
1/2 t. salt
2 c. milk
1 t. vanilla
3/4 c. shredded coconut
1/4 t. vanilla
1 baked 9" pie shell
Nutmeg

Beat eggs, add sugar, salt, milk and vanilla. Mix well. Strain. Stir in coconut. Pour into WELL BUTTERED 9" pie pan. Sprinkle with nutmeg. Place pan in larger pan of hot water 1" deep. Bake at 325 degrees 35 to 40 minutes or until knife inserted 1" from center comes out clean. Cool at room temperature. (DO NOT REFRIGERATE or custard will stick to pan.) Loosen custard thoroughly from pan with knife. Shake gently to loosen from bottom. Slide it quickly into baked and cooled pie shell. Shake gently to settle. Note: Coconut may of course be omitted. Custard pie made this way always has a crisp crust. Finished pie may of course be refrigerated.

CREAMED NEW POTATOES AND PEAS

1 pound small new potatoes
2 pounds fresh peas
2 T. butter
1/4 c. finely sliced green onions
1/2 c. light cream
Salt and pepper
Paprika

Scrape potatoes and cook in boiling salted water until tender; drain. Cook peas and onions in boiling salted water until tender, drain. Combine vegetables; add cream and butter; heat. Season to taste with salt and pepper. Sprinkle with paprika. 4 servings.

May 7, 1958

OLD FASHIONED STRAWBERRY SHORTCAKE
Like Grandma Used to Make

2 c. flour
2 T. sugar
3 t. baking powder
1/2 t. salt
1/2 c. butter
1 egg, beaten
1/2 c. light cream
Soft butter
4 c. sweetened sliced berries
1 c. heavy cream, whipped

Sift dry ingredients together. Cut in 1/2 c. butter until mixture resembles coarse crumbs. Combine egg and cream. Add, stirring just until dough follows fork around bowl. Pat or roll dough to 1/2 inch thick. Cut with a 3 1/2 inch cutter. Bake on an ungreased baking sheet in very hot oven 450 degrees for 8 to 10 minutes. Split shortcakes and butter. Spoon berries between and over top. Serve warm with whipped cream. 6 servings.

PATIO CHICKEN

2 pounds chicken breasts and legs
1 c. dry bread crumbs
1 t. onion salt
1/4 t. garlic salt
1/2 t. pepper
1/2 t. seasoning salt
1/2 t. crushed savory
1/2 t. curry powder
1/2 c. Old Dutch mayonnaise

Roll chicken in a mixture of the bread crumbs and seasonings. Arrange on a greased baking dish, skin side up with no overlapping (cookie sheet may be used). Place in hot oven 400 degrees for 15 minutes to set the crumbs so they will stick to the chicken. Remove from oven; with a brush, coat chicken generously with mayonnaise. Reduce heat to 300 degrees and bake 1 hour or until tender.
Note: The mayonnaise coating gives this baked chicken a very crisp, slightly puffy, golden crust.

May 8, 1958

STAR MARKET DAY. . .Shop this week-end for sure at your nearest Star Market. Get Top Values in food and ask for the Menu of the Week with tips and hints for using these specials.

May 6, 1958

SPICY FRANKFURTER BAKE

1/4 c. chopped onion
Shortening
1/2 c. water
1/2 c. ketchup
3 T. vinegar
1 T. sugar
1 T. Worcestershire sauce
1 T. Nance's Mustard Supreme
1 t. paprika
1/4 t. salt
Dash pepper
1 pound Schrader's Frankfurters

Saute onion in a little shortening. Add remaining ingredients except frankfurters, simmer 15 minutes. Split frankfurters lengthwise and place cut side down in a shallow pan. Pour sauce over all. Bake at 350 degrees for 15 minutes, basting frequently. Makes 4 to 5 servings.

BUTTERSCOTCH COOKIES
"Cookie of the Week"

2/3 c. butter or shortening
1 1/2 c. brown sugar
2 eggs
1 t. vanilla
1 T. vinegar
1 c. evaporated milk
2 1/2 c. flour
1 t. soda
1/2 t. baking powder
1/2 t. salt
1 c. chopped walnuts
Frosting—walnut halves

Cream butter and brown sugar until light, add eggs and blend well. Add vanilla and vinegar to milk. Sift dry ingredients and add alternately with milk to creamed mixture; mix well. Drop by spoonfuls onto lightly greased cookie sheet. Bake at 350 degrees about 15 minutes. When cool frost and top each cooky with walnut half. Makes 3 1/2 to 4 dozen cookies.

BUTTERSCOTCH FROSTING

1/2 c. butter or margarine
3 c. confectioners sugar
1/4 c. boiling water

Melt butter or margarine until it bubbles and begins to brown slightly. Add confectioners sugar, then slowly stir in boiling water, beat until mixture is smooth and will hold its shape. Swirl on cookies, top with walnut half. Let cookies stand until frosting dries.

May 9, 1958

BAKED CRUMB-TOPPED SWORDFISH

2 T. salad oil	Dash pepper
2 pounds swordfish or halibut steaks	1 c. finely chopped onion
	1/4 c. chopped parsley
3 T. lemon juice	1 c. Dairy Sour Cream
1 t. salt	1/4 c. dry bread crumbs

2 T. butter

Coat baking dish with salad oil. Arrange fish in a single layer in pan. Sprinkle fish with lemon juice, salt and pepper. Cover with the chopped onion, then the parsley. Spoon sour cream over top. Sprinkle with bread crumbs, dot with butter. Bake uncovered at 375 degrees for 25 minutes. Serves 6.

EASY TOMATO ASPIC

A Delicious Accompaniment to Fish

1 T. unflavored gelatin	1/2 t. Worcestershire sauce
1 3/4 c. tomato juice	
1/4 t. salt	Dash Tabasco sauce
1 t. sugar	2 T. lemon juice

Sprinkle gelatin on 1/2 c. of the tomato juice in saucepan to soften. Place over low heat, stirring constantly, until gelatin is dissolved. Remove from heat, add remaining 1 1/4 c. tomato juice, salt, sugar, Worcestershire sauce, Tabasco and lemon juice. Pour into a 2 cup mold or individual molds. Chill until firm. Unmold on salad greens. Serve with mayonnaise. 4 servings.

BANANA CAKE WITH BROILED COCONUT TOPPING

1/2 c. shortening	1/2 c. sour milk
2 c. cake flour	1 t. vanilla
1 t. baking powder	1 c. mashed ripe bananas
1 t. soda	2 eggs
1/2 t. salt	1/2 c. chopped nutmeats
1 1/3 c. sugar	*Coconut topping

Cream shortening, add sifted dry ingredients, 1/4 c. sour milk, vanilla and mashed bananas. Beat 2 minutes with electric mixer at medium speed. Add remaining milk, eggs and nutmeats. Beat 1 minute at medium speed. Pour into greased and floured 13" x 9" x 2" pan. Bake at 375 degrees for 30 to 35 minutes. Spread with coconut topping. Broil 3" from heat for 3 minutes, or until sugar is bubbly and coconut is lightly browned. Serve from pan while warm. Makes 24 servings.

*COCONUT TOPPING

1/2 c. butter	3 T. milk
1 1/2 c. brown sugar	1 c. coconut

Cream butter and sugar. Blend in milk and coconut and spread on cake.

May 12, 1958

MARVELOUS MEAT LOAF

4 slices bread	1 egg
1 medium onion, chopped	1 t. salt
2 T. chopped parsley	Dash pepper
1 lb. ground beef	2 T. butter
3 T. grated Parmesan cheese	1 can tomato sauce (8 oz.)

1 t. oregano

Soak bread in 1 cup water. Combine onion and parsley. Mash the soaked bread with a fork. To ground beef add bread, onion, parsley, Parmesan cheese, slightly beaten egg, salt and pepper. Mix well, shape into loaf in baking pan, dot with butter and bake for 30 minutes at 375 degrees. Pour tomato sauce over meat, sprinkle with oregano and bake another 30 minutes. Delicious hot or cold. Serves 4 to 5. (Note: This is a moist meat loaf, marvelous hot or cold.) Serve with baked potatoes, green vegetable, crisp relishes, pineapple upside down cake.

PINEAPPLE UPSIDE DOWN CAKE

Topping:	Cake:
1/4 c. butter	1 c. flour
1/3 c. heavy cream	1 t. baking powder
1/2 c. brown sugar	3/4 t. salt
1/2 c. coconut	2 eggs
1 can (1 lb. 4 oz.) pineapple slices	1 c. sugar
	1/2 c. milk
8 maraschino cherries	1 T. butter

Topping: Melt butter, cream and brown sugar in a heavy 9" skillet until it's a smooth paste. Then sprinkle in the coconut and arrange pineapple slices and cherries on top. Cake: Sift flour, baking powder and salt. Beat eggs until thick and lemon colored (like mayonnaise. . .takes about 5 minutes with electric beater). Add sugar a tablespoonful at a time, beating like mad. Sift flour mixture into egg-sugar mixture and stir just enough to mix thoroughly. Heat milk and butter to the warm stage. Mix into batter. Pour over pineapple and bake with the meat loaf at 375 degrees for 40 to 45 minutes or until cake pulls away from sides of the skillet. Cool for 5 minutes, then turn upside down and serve warm or cold with or without whipped cream. 8 to 10 servings.

May 13, 1958

CUBE STEAK ROLLS

2 T. minced onion	Dash pepper
2 T. finely chopped celery	1/8 t. sage
	4 cube steaks
1/4 c. butter	4 strips bacon
1 1/2 c. soft bread crumbs	3 T. shortening
	1 c. beef bouillon
1/2 t. salt	

Saute onion and celery in butter. Add to bread crumbs with salt, pepper and sage. Put 1/4 of the dressing in each steak and roll up and wrap with bacon strip, fasten ends with toothpicks. Brown in shortening, add bouillon, cover and simmer for 1 hour or until tender. Thicken gravy with a little flour and water if desired.

SOUR CREAM CAKE WITH CHOCOLATE FROSTING

from McCall's, April 1958

2 3/4 c. cake flour	1 1/2 c. sugar
3 t. baking powder	4 egg whites
1 t. baking soda	1 c. sour cream
3/4 t. salt	1/2 c. milk
3/4 c. butter	1 t. vanilla

Sift flour, baking powder, soda and salt. Cream butter, add 1 c. sugar gradually, working the mixture very, very smooth. Beat egg whites until they stand in soft peaks, then gradually beat in remaining 1/2 c. sugar. Continue beating until you have a satiny, smooth meringue that stands in precise peaks. Mix sour cream, milk and vanilla together. Stir about a quarter of the flour mixture into the creamed sugar, add a third of the milk mixture. Repeat the additions, using the same proportions. Use a fast stirring action here--don't beat; don't dally. Now mix in meringue gently--in other words, fold and spoon or pour into the 3 greased and floured 8 inch layer cake pans. Bake at 350 degrees for 25 minutes. Cool in pans for several minutes before removing. Cool completely before frosting.

CHOCOLATE SOUR CREAM FROSTING

This best-of-its-kind recipe is from Helen Evans Brown's West Coast Cook Book: Melt 1 1/2 cups of semisweet chocolate pieces over hot water. Remove from heat and stir in 3/4 cup sour cream and a dash of salt. Beat until creamy. Spread between layers, around sides, and over the top of your cake.

May 14, 1958

CITY CHICKEN

2 pounds boneless veal or pork shoulder	1/2 t. seasoning salt
	Dash pepper
1 c. fine cracker crumbs	1 slightly beaten egg
	2 T. milk
1 t. salt	3 T. shortening
1 t. paprika	1 chicken bouillon cube
3/4 t. poultry seasoning	3/4 c. hot water

Cut veal or pork (or combination of two) into 1 1/2 inch cubes. Push onto 6 skewers. Combine crumbs and seasonings. Combine egg and milk. Dip meat in egg mixture then in crumbs. Brown slowly on all sides in hot shortening in skillet. Dissolve bouillon cube in hot water and add to meat. Cover tightly and simmer about 1 hour or until tender. Thicken gravy with flour and water if desired. Note: Meat may be baked in oven at 350 degrees for 1 hour or until tender.

COOKIE OF THE WEEK. . . . .

OLD FASHIONED SOFT MOLASSES COOKIES

4 t. baking soda	1 c. shortening
1/4 c. hot water	1 c. brown sugar or white
4 1/2 c. flour	
2 t. ginger	1 egg
2 t. cinnamon	1 c. molasses
1/2 t. salt	3/4 c. water

Dissolve soda in hot water and set aside to cool. Mix and sift flour, spices and salt. Cream shortening, add sugar and cream well. Stir in egg and molasses. Add sifted dry ingredients and water. Last, stir in dissolved soda and mix well. Drop by spoonfuls onto lightly greased baking sheet and bake at 425 degrees about 10 minutes. Yield: 4 dozen cookies.

May 16, 1958

DELICIOUS CRABMEAT AU GRATIN

(For 2 to 3)

2 T. butter	Salt
2 c. lump crabmeat	1/2 c. grated cheese (Parmesan and American)
1 T. cornstarch	
1 c. light cream	
1 egg yolk	Paprika

Melt butter, add crabmeat and saute for 2 minutes. Add cornstarch mixed with the cream and egg yolk. Cook until thick, stirring constantly. Season with salt to taste, pour into buttered casserole, sprinkle with cheese and paprika. Bake in moderate oven at 350 degrees only until the cheese is melted, about 10 minutes. Serve at once. Note: May be baked in individual shells or may be served on toast.

30-MINUTE PECAN ROLLS

2 packages active dry yeast	1 1/4 t. salt
	1 egg, unbeaten
1 1/4 c. warm water	3 c. flour
1/4 c. sugar	2 T. shortening

Dissolve yeast in warm water in large mixing bowl. Add sugar and salt and unbeaten egg. Add flour gradually. Beat well with electric mixer on low or medium speed or by hand with large wooden spoon. Add shortening, beating until thoroughly mixed. Grease muffin pans. Cover bottom of each pan with 1 1/2 t. brown sugar, 1/2 t. melted butter and 3 pecan halves. Spoon batter into pans, filling about 1/3 full. Let rise in warm place until batter has risen level with the top of the pans (25 to 30 minutes). Bake at 375 to 400 degrees for about 20 minutes. Let stand 1 minute before turning out of pans. Yield: 18 to 24 rolls.

Trudy McNall's

MENU OF THE WEEK

Prepared Especially for STAR

WATCH "HOME COOKING" 2:30 P.M. WROC-TV • Channel 5

May 8, 1958

SPECIALS FOR THIS WEEK: Cooked hams. . .ready to eat. . .Armour Star and Hygrade. . .full shank half. Rock Cornish Game Hens. . .oven ready. . .large 1 1/4 lb. size. Fresh pineapple.

BAKED COOKED HAM

These hams do not need to be cooked for safety precautions but only for good eating if you prefer ham served hot. Place ham, fat side up, in a shallow uncovered roasting pan. Bake at 325 degrees for 15 minutes per pound. For a pretty and quick glaze, melt a cup of currant jelly, add 1 T. cornstarch and cook until clear. Spread over hot or cold ham.

A DELICIOUS HAM LOAF
(Use for leftover ham)

2 eggs
1 quart ground cooked ham
1 t. baking powder
1 t. Worcestershire sauce
1 c. stale bread crumbs
1 c. rich milk or light cream
1/2 c. brown sugar
1 t. flour
1 t. Nance's Mustard
Vinegar to moisten

Beat eggs, add ham, baking powder, Worcestershire sauce, bread crumbs and milk. Mix well. Grease a 2 quart loaf pan and line with waxed paper. Fill with ham mixture. Combine brown sugar, flour, mustard and vinegar. Spread on top of ham. Set pan in hot water and bake at 375 degrees for 1 hour.

SUGGESTED MENU: Baked Ham or Ham Loaf, Parsley Buttered Potatoes, Asparagus, Rolls, Butter, Green Salad, Pineapple Ambrosia.

ROCK CORNISH GAME HENS

One of the most succulent little fowl ever to come to the dinner table is this sensational Rock Cornish Game Hen. Fine grained, the meat is all white, even to the tip of the drumstick. These SPECIALS from the Star this week are oven ready, plump and pretty to taste and see. They are individual servings so you have no leftovers to worry about. Best of all they are easy to cook, may be stuffed with your favorite poultry dressing but this is not necessary. Try my favorite way of cooking them.

Rock Cornish Game Hens (Cont.)

4 Rock Cornish Game Hens
1 carrot
1 t. finely minced onion
1 c. chicken stock, fresh, canned or made from bouillon cubes
Butter and salt
1 t. cornstarch
1/4 c. sherry (optional)

Rub the hens inside and out with the butter and sprinkle inside with salt. Place in a shallow baking pan, small enough so the hens touch each other. Slice carrot, add onion and place in pan with 1/4 c. of the chicken stock. Roast uncovered at 350 degrees for 1 1/2 hours or until tender. Baste frequently with chicken stock. Strain liquid for making gravy, add sherry if desired. Thicken with 1 t. cornstarch. Pour gravy over hens before serving. Tuck some watercress or parsley in the opening of each hen for a pretty garnish.

FRESH PINEAPPLE

To prepare a fresh pineapple cut a thick slice from the top and bottom. Stand pineapple on a cutting board and cut the peel off from the top downward, using a strong, sharp knife. Cut a thin layer first, then a deeper one if necessary to determine the thickness of the peel since this differs with the variety of pineapple. Cut out the eyes around the pineapple. Slice in rounds or cut in wedges and remove core.

Here is a popular dessert to serve:

AMBROSIA

1 ripe pineapple
6 oranges
2 cups freshly grated or canned coconut

Peel and prepare the pineapple and slice in thin slices. Peel oranges and cut into sections. Place fruit in layers in a bowl with 1/2 c. confectioners sugar. Cover with coconut. Chill. A wonderful ending to any kind of a meal.

SUGGESTED MENU: Rock Cornish Game Hens, Buttered Rice, Fresh Asparagus, Green Salad, Buttered Rolls, Ambrosia.

A TIP: Cook fresh asparagus just until tender, about 12 minutes. Add 1 T. lemon juice and 2 T. chopped parsley to 1/4 c. melted butter. Pour over asparagus. For a pretty party touch garnish with a strip of pimiento.

Trudy McNall's

MENU OF THE WEEK

Prepared Especially for STAR

WATCH "HOME COOKING" 2:30 P.M. WROC-TV • Channel 5

May 15, 1958

SPECIALS THIS WEEK: Fresh Frying Chicken, whole or cut up. Dutch Maid Imported Boiled Ham slices. . . 6 oz. pkg. Top Frost Ice Cream. Top Frost Lemonade. Sperry's Daisy Pastry Flour.

OVEN FRIED CHICKEN WITH LEMON BARBECUE SAUCE

1/2 c. flour	1 frying chicken, cut up
2 t. salt	1/2 c. butter, melted
1/4 t. pepper	Lemon Barbecue Sauce
2 t. paprika	

Combine flour, salt, pepper and paprika in paper bag; shake chicken in bag to coat lightly. Arrange chicken, skin side down, in single layer in buttered baking pan; brush with melted butter. Bake at 350 degrees for 30 minutes. Turn chicken and cover with Lemon Barbecue Sauce. Continue baking 30 minutes longer or until fork tender. Serve immediately with hot buttered rice. 4 servings.

OVEN COOKED RICE

(Just put this casserole in the oven with the chicken and forget it.)

3/4 c. rice	1 t. salt
2 c. hot water	2 T. butter

Combine all ingredients in 1 quart casserole. Cover and bake with chicken at 350 degrees for 1 hour. 4 servings.

LEMONADE PIE

1/3 c. sugar	1 1/4 c. milk
3 T. flour	1--6 oz. can Top Frost Lemonade, undiluted
1/4 t. salt	
3 T. melted butter	2 eggs, separated

1--8" pastry lined pie plate

Combine sugar, flour and salt. Combine melted butter, milk and lemonade. Beat egg yolks well, add milk mixture to yolks, then combine with dry ingredients. Beat

Lemonade Pie (Cont.)

egg whites until stiff, fold into other mixture. Pour into unbaked pie shell. Bake at 425 degrees for 10 minutes, then reduce heat to 350 degrees and bake for 25 to 30 minutes or until pie is firm and golden brown.

NOTE: To complete menu add a green vegetable, fresh asparagus, peas or beans, green salad, brown-and-serve rolls, butter, beverage.

A LUNCHEON SPECIALTY. . .

HAM - CHEESE CASSEROLE

12 slices bread	2 eggs, beaten
6 slices cheese	1 t. salt
6 slices DUTCH MAID imported boiled ham slices	Dash pepper
	Parmesan cheese
	2 2/3 c. milk

Make sandwiches of bread, cheese and ham. Place in large baking dish. Add milk to eggs, season with salt and pepper and pour over bread. Sprinkle with grated Parmesan cheese. Bake uncovered at 400 degrees for 25 minutes.

NOTE: For lunch. . .serve with a green vegetable, such as broccoli or asparagus, TOP FROST ICE CREAM. . . Chocolate Sauce.

CHOCOLATE SAUCE

1/4 c. butter	3/4 c. sugar
1 square chocolate unsweetened	1/2 c. light cream
	Dash salt
1/4 c. cocoa	1 t. vanilla

Melt butter and chocolate together. Add remaining ingredients except vanilla. Cook, stirring constantly, until mixture boils. Boil for 1 minute or until sugar is dissolved. Remove from heat. Add vanilla. Serve hot or cold over ice cream. Makes 1 1/2 c. sauce. To reheat, use double boiler.

TRUDY MC NALL'S

Rochester's FIRST Station
WROC-TV
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ROCHESTER BROADCASTING CENTER
201 HUMBOLDT STREET, ROCHESTER 3, N. Y.

2:30 P.M. HOME COOKING RECIPES, MAY 19 - 30, 1958

May 19, 1958

SKILLET PORK CHOPS

6 pork chops, about 3/4" thick
2 T. shortening
1/4 t. salt
Dash pepper
1/4 t. marjoram
1 can cream of mushroom soup
1/3 c. water
Parsley or watercress

Brown chops on both sides in hot shortening. Sprinkle with salt, pepper and marjoram. Combine soup and water. Pour over chops. Cover and cook over low heat about 45 minutes to 1 hour or until tender. Remove from heat, decorate with parsley or watercress. Note: Chops may be baked in oven at 350 degrees for 1 hour.

HOW TO FREEZE ASPARAGUS

(Success in freezing vegetables depends upon variety, right stage of maturity and haste in getting food into freezer immediately after harvesting.)

Vegetables Must Be Scalded: All vegetables must be scalded for freezing because:

1. Scalding inactivates the enzymes which cause flavor, color and texture changes during storage of frozen foods.
2. Scalding sets the color.
3. Scalding helps to retain food value.
4. Scalding helps to shrink vegetables, makes them easier to package.

How to Scald: Drop vegetables into water which is boiling rapidly, when water boils again the vegetables are scalded. Remove immediately and plunge into ice water, having plenty of ice cubes for rapid chilling. Scald only small quantities at a time, about 2 pounds of asparagus so that water will boil rapidly.

Suitable Containers or Packaging Materials: Plastic containers, vapocans, waxed boxes with cellophane bags or liners and plastic bags are good. For asparagus cellophane, aluminum foil or parchment paper are good.

Varieties: Martha Washington or Mary Washington are good.

Preparation: Break off tough parts of stalk, clean in cold water, remove all scales. Scald, chill, drain, package, label, freeze.

A QUICKEE DESSERT. . . . .

CHOCOLATE CHIP TORTONI

Fold 1 cup semisweet tiny chocolate bits and 1 t. almond flavoring into 1 quart softened vanilla ice cream. Spoon into paper baking cups or small souffle cups. Sprinkle with chopped toasted almonds. Freeze until firm. Garnish each with maraschino cherry before serving. Note: Shop ATLANTIC SUPPLY for souffle cups and tiny chocolate bits.

May 20, 1958

CHICKEN AND ASPARAGUS CASSEROLE

4 c. soft bread, cut in small cubes
1 c. grated Cheddar cheese
1/2 c. butter, melted
2 c. asparagus, cooked
1/2 c. flour
2 t. salt
1/4 t. pepper
3 c. milk or chicken stock
2 c. diced cooked chicken

Mix bread cubes with cheese and 1/4 c. of the melted butter. Line a 2 quart baking dish with half the cubes. Arrange asparagus on cubes. Blend flour, salt, and pepper in remaining 1/4 c. butter. Add milk and cook stirring constantly until thick and smooth. Add chicken. Pour over asparagus, top with remaining cubes. Bake at 350 degrees for 30 minutes or until bubbly and brown. Serves 4 to 6.

NO-BAKE PEANUT BUTTER COOKIES

2 1/2 c. quick-cooking rolled oats
1/2 c. OLD DUTCH Peanut Butter
1 t. vanilla
1/2 c. milk
2 c. sugar
1/4 t. salt
4 T. cocoa

In a bowl combine oatmeal with peanut butter and vanilla. In saucepan combine sugar, salt, cocoa and milk. Bring to a boil, boil 1 minute. Pour over the rolled oats mixture. Mix lightly until blended. Drop from a teaspoon onto waxed paper or aluminum foil. Let stand until firm, about 10 minutes. Makes 2 1/2 dozen.

GREEN GODDESS DRESSING FOR ASSORTED SALAD GREENS

1 c. OLD DUTCH Mayonnaise
1/4 c. finely chopped parsley
1/2 c. Genesee Country Medium Cream
1 t. chopped chives
1/2 clove garlic
1/4 t. salt
1 T. Nance's Mustard Supreme
2 T. anchovy paste

May 21, 1958

FRENCH-STYLE LIVER

1 pound sliced liver
1/3 c. French dressing
2/3 c. flour
1/4 t. garlic salt
1/2 t. salt
Dash pepper
3 T. shortening or salad oil

Dip liver slices in French dressing. Combine flour and seasonings. Dredge liver with flour. Cook slowly in shortening until well browned. Turn and brown on second side. Total frying time about 4 minutes. 4 servings.

FRENCH-STYLE PEAS

2 pounds fresh or 1 pkg. frozen peas
4 or 5 lettuce leaves
4 green onions, chopped
1 t. sugar
1/2 t. salt
Dash pepper
2 T. water
3 T. butter

Wash and shell fresh peas. Arrange lettuce leaves on bottom of heavy saucepan; add peas, chopped onion, sugar, salt, pepper, water and butter. Cover tightly, cook over low heat until peas are done, about 10 to 15 minutes. Add more water during cooking if necessary. 4 servings.

DELICIOUS RHUBARB UPSIDE DOWN CAKE

3 c. diced rhubarb, cut in 1" pieces
12 marshmallows, cut in half
3/4 c. sugar
1/2 c. shortening
1 c. sugar
2 eggs
1 3/4 c. flour
3 t. baking powder
1/4 t. salt
1/2 c. milk
Heavy cream, whipped

Arrange rhubarb in bottom of heavy 10" skillet. Combine marshmallows and sugar and arrange over rhubarb. For cake batter, cream shortening and sugar, add eggs and mix well. Mix and sift flour, baking powder and salt, add alternately with milk to egg mixture. Spread over rhubarb and bake at 350 degrees for 40 to 50 minutes. Cool 5 minutes. Loosen edge from pan with knife. Invert serving plate over skillet; turn upside down. Remove from skillet. Serve with whipped cream. Serves 8.

MENU: French-Style Liver, Creamed Potatoes, French-Style Peas, Lettuce Wedges, Rhubarb Upside Down Cake.

May 22, 1958

STAR MARKET DAY. . .Shop your favorite Star Market for the Menu of the Week.

May 23, 1958

SHRIMP COQUILLE

1 pound cooked, cleaned shrimp, chopped
2 hard cooked eggs, diced
1/2 c. soft bread crumbs
1 T. minced green pepper
1 T. minced parsley
1 T. grated onion
1 t. lemon juice
1 T. Nance's Mustard Supreme
1 can cream of mushroom soup
1/4 c. milk

Combine all ingredients. Pile into 4 to 6 scallop shells. Top with 1/4 c. soft bread crumbs and 1/4 c. Parmesan cheese. Bake in hot oven at 500 degrees about 15 minutes. Serve with French fried potatoes, green vegetable, lettuce and tomato salad, Strawberry Cream Puff Pie.

STRAWBERRY CREAM PUFF PIE

1/2 c. water
1/4 c. shortening
1/2 c. flour
Dash salt
2 eggs
*Custard Filling
Strawberries, washed and drained

Combine water and shortening and bring to a boil. Add flour and salt all at once and stir vigorously until mixture leaves sides of pan and forms a ball, about 1 minute. Remove from heat, add eggs, unbeaten, one at a time beating vigorously after each addition. Spread batter evenly over bottom (not sides) of lightly greased 9" pie plate. Bake at 400 degrees about 50 minutes. Cool. Fill with Custard Filling. Top with strawberries.

*CUSTARD FILLING

1/2 c. sugar
3 T. cornstarch
2 T. flour
1/2 t. salt
2 c. milk
1 egg yolk, slightly beaten
1/2 c. heavy cream, whipped
1 t. vanilla

Combine sugar, cornstarch, flour and salt in saucepan. Gradually stir in milk. Bring to a boil stirring constantly, cook until thick and smooth. Stir a little of hot mixture into egg yolk, blend into remaining hot mixture. Return to heat and bring to a boil, stirring constantly. Chill. Beat well with rotary beater. Fold in whipped cream and vanilla. Pour into cooled cream-puff shell. Top with berries.

May 26, 1958

STUFFED BEEF LOG

2 pounds ground beef
1/2 c. rolled oats
1/2 c. chopped onion
1/2 c. milk
1 egg
2 t. salt
Dash pepper
*Stuffing

Combine all ingredients except stuffing. Mix thoroughly. Shape into rectangle about 10 x 16 inches on waxed paper. Make stuffing. Spread stuffing evenly over meat. Roll as a jelly roll and place seam side down in open roasting pan. Bake at 350 degrees for 1 1/2 hours. 8 servings.

*STUFFING

1/2 pound ground pork
1 medium potato, grated
1/4 c. chopped onion
1 egg, beaten
1 1/2 c. soft bread crumbs
3/4 t. salt
1 1/2 t. poultry seasoning

Combine ingredients and mix well.

MENU: Stuffed Beef Log, Spiced Crabapples, Whipped Potatoes, Buttered Succotash, Carrot and Celery Sticks, Rhubarb Cream Pie.

RHUBARB CREAM PIE (with Meringue)

9" unbaked pie shell
2 1/2 c. cut rhubarb
1 c. sugar
5 T. flour
1 T. butter
2 egg yolks, well beaten
Meringue:
2 egg whites
1/8 t. cream of tartar
4 T. sugar

Arrange rhubarb in pie shell. Combine sugar and flour. Blend into butter and beaten egg yolks (mixture will be crumbly). Sprinkle over rhubarb. Bake at 450 degrees 12 minutes then reduce temperature to 350 degrees for 25 minutes or until rhubarb is tender. Make meringue of egg whites, cream of tartar and sugar. Spread on pie. Bake at 400 degrees for 7 minutes or until meringue is delicately browned.

May 27, 1958

SAUSAGE-APPLE NOODLE CASSEROLE

1 pound SCHRADER'S PORK SAUSAGE LINKS
2 T. cold water
1 T. lemon juice
1 can applesauce
1 t. salt
4 ounces noodles, cooked
1/3 c. grated cheddar cheese
1/2 t. cinnamon

Place sausage links and water in frying pan. Cover and simmer 5 minutes. Remove cover and brown links. Add lemon juice and cinnamon to applesauce. Add salt to cooked noodles. Arrange half of the noodles in a greased 1 1/2 quart casserole. Add half the sausage links, then half the applesauce mixture. Repeat layers. Top with grated cheese. Bake 350 for 30 minutes. 4 servings.

SOUR CREAM NUT BREAD

2 c. flour
1 t. baking powder
1 t. baking soda
1 t. salt
1/4 t. cinnamon
1/4 t. cloves
1/4 t. nutmeg
1 egg, beaten
1 c. brown sugar
1 c. dairy sour cream
1 c. chopped nuts

Sift flour, baking powder, soda and spices together. Beat egg. Add sugar and mix well. Stir in sour cream carefully. Add dry ingredients, stirring only enough to moisten them. Add nuts. Pour into well greased loaf pan. Bake at 350 degrees for 1 hour. Good served warm or cold.

May 28, 1958

SPECIAL BROILED CHICKEN

2 broilers
Flour, salt and pepper
1 c. water or chicken consomme
3 T. melted butter

Roll split broilers in seasoned flour, place breast side down in shallow pan. Add water or consomme and melted butter, cover and bake at 350 degrees for 1 hour. Remove; turn breast side up, sprinkle with paprika and a little melted butter and place under broiler until crisp and brown. Serve at once. Note: This is a nice way to prepare chicken for you may do the baking ahead of time and broil the chickens when you are ready for them.

GUEST TODAY: Nick Pappas, Chef from the Spring House, 3001 Monroe Ave., Rochester, N.Y. Demonstrating Breast of Chicken Fricassee on Rice. Look for Nick's recipe on printed sheets week of June 1.

CREME BRULEE

2 c. cream
4 egg yolks
2 1/2 T. sugar
1 t. vanilla
1/4 c. sifted light brown sugar

Heat cream in double boiler. Beat egg yolks, adding sugar gradually. Remove cream from heat and pour gradually over egg mixture. Add vanilla. Pour into 1 1/2 quart casserole. Place in pan of hot water and bake uncovered at 325 degrees about 45 minutes until custard is set. When custard is set, sprinkle with brown sugar and place under broiler until sugar melts. Chill and serve very, very cold.

May 29, 1958

Shop STAR MARKETS for special values today. Don't forget to ask for recipes.

May 30, 1958

HUNGARIAN VEAL CHOPS

4 veal chops, 1 inch thick
Salt and pepper
2 T. salad oil
1/4 c. chopped onion
1/2 c. sliced carrots
1 c. tomatoes, peeled and quartered
1/3 c. dry sherry or water
1 c. sliced mushrooms
3 T. butter
1 T. chopped parsley

Sprinkle chops with salt and pepper and brown in salad oil with the onions: add carrots, onion, tomatoes and sherry; cover and bake at 350 degrees for 1 hour. Saute mushrooms in butter, add with the parsley to the chops. Cook 5 minutes.

MENU: Hungarian Veal Chops, Temptation Taters, Green Beans with a Sprinkling of Parmesan Cheese.

GRAHAM CRACKER STRAWBERRY SUNDAE PIE

1 9-inch graham cracker pie crust
1 quart strawberry ice cream
Fresh strawberries
Unsweetened whipped cream

Graham Cracker Crust:

1 1/2 c. graham cracker crumbs
1/2 c. confectioners sugar
1/2 c. melted butter

Mix and press firmly into 9-inch pie plate. Sprinkle lightly with cold water. Bake at 300 degrees for 8 minutes.

TIP: Press ice cream into the baked pie shell and freeze. Serve with fresh strawberries and whipped cream.

SPECIAL REQUEST. . . . .

MAPLE FUDGE

from Mrs. Gordon Demore, Milford, Ont., Canada

2 c. maple syrup
1 c. thick sweet cream
Chopped nuts, optional

Combine syrup and cream. Bring to a boil and cook to 238 degrees, stirring frequently. Cool to lukewarm, beat until very thick and creamy and pour into buttered tin. Add nuts if desired during the beating process.

Do you like Johnny Cake? Do you like poetry? Well, here is both. The "Indian" referred to is cornmeal, and "wheat" is regular flour. This is a verse that has been handed down throughout generations in exactly this form:

JOHNNY CAKE

Two cups of Indian, one cup of wheat,
One cup of sour milk, one of sweet,
One good egg that well you beat,
One tablespoon of butter new,
Salt and soda--each a spoon,
Mix up quick and bake it soon.
Then you have cornbread complete,
Best of all cornbread to eat.
It will make your boy's eyes shine
If he is like that boy of mine.
'Tis fit to set before any king
That a husband home might bring.
Persons who ate Mother's Johnny Cake
Thought it couldn't be beat,
And when I have cooked it for others,
They always wanted the receipt.

Note: Salt and soda each 1 teaspoon. Bake in greased 9 inch square pan at 425 degrees for about 30 minutes.

TRUDY MC NALL'S

Rochester's FIRST Station

WROC-TV CHANNEL 5

A TRANSCONTINENT TELEVISION CORPORATION STATION

ROCHESTER BROADCASTING CENTER

201 HUMBOLDT STREET, ROCHESTER 3, N. Y.

2:30 P.M. HOME COOKING RECIPES, JUNE 2 - 13, 1958

June 2, 1958

MENU: Baked Italian Beef Patties, Buttered Noodles, Tossed Green Salad, Italian Bread, Fresh Fruit, Cookies, Beverage.

BAKED ITALIAN BEEF PATTIES

1 pound ground beef
1 egg, slightly beaten
1/4 c. finely chopped green pepper
1 small clove garlic, minced
1 t. oregano
1 t. salt
Dash pepper
1/2 t. Worcestershire sauce
1/2 c. biscuit mix
1/3 c. tomato juice
Grated Romano cheese

Combine beef with egg, green pepper, garlic, seasonings, biscuit mix and tomato juice. Mix until blended. Shape into 4 patties and place in greased baking pan. Bake at 400 degrees for 20 minutes. Remove from oven, sprinkle with grated cheese and garnish with stuffed olives. Makes 4 patties.

MOCHA BROWNIES

3/4 c. shortening
3 squares chocolate
5 eggs, well beaten
2 c. sugar
1 3/4 c. flour
2 1/2 t. baking powder
1/2 t. salt
1/4 c. milk
2 t. instant powdered coffee
1 1/4 c. chopped nuts
2 1/2 t. vanilla

Melt shortening and chocolate together. Beat eggs until light, add sugar and beat until well blended. Add cooled chocolate-shortening mixture. Add sifted dry ingredients and milk to which coffee has been added. Stir in nuts and vanilla. Pour into greased and floured jelly roll pan (15x10x1"). Bake at 300 degrees for 35 to 40 minutes.

"FUNNY FACE ROLY-POLIES"
(For the small fry)

24 Sunshine Hydrox cookies
2 T. shredded coconut
1 qt. vanilla ice cream
12 semisweet chocolate bits
Red cinnamon candies or currants

Measure shredded coconut into a cup. Add 1/2 c. water and 2 drops of yellow food coloring. Stir until coconut is yellow. Dry on paper toweling. Shape ice cream into 6 balls, and return to freezer until very firm. To assemble each "Roly-Poly" make base of 3 of the cream-filled chocolate cookies by arranging on serving plate in a cloverleaf pattern. Place a ball of ice cream on top center of cloverleaf. Press 2 chocolate bits into ice cream ball for eyes, 1 cinnamon candy for nose and 5 candies for mouth. Sprinkle on yellow coconut shreds for hair and top with single cookie "beret." Serve at once. Makes 6 servings.

June 3, 1958

MENU: Braised Lamb Chops, Garden Peas, Whipped Potatoes, Lettuce and Tomato Salad, Strawberry Cheese Torte

BRAISED LAMB CHOPS

6 shoulder lamb chops
1 can consomme
1/2 t. thyme
1/2 c. chopped celery
1/2 c. sliced green onions
1--3 ounce can chopped mushrooms
3 T. flour
1 T. parsley, chopped
1 cup dairy sour cream

Brown chops in small amount of shortening; sprinkle with salt and pepper. Pour off excess fat. Add consomme, thyme, celery and sliced onions. Cover and simmer about 40 minutes or until meat is tender. Stack chops to one side, add mushrooms, reserving liquid. Stir mushroom liquid into flour and blend; gradually stir into consomme and cook stirring constantly until thickened. Add parsley. Top chops with sour cream, sprinkle with paprika and parsley. Heat about 3 minutes. 6 servings.

GARDEN PEAS "Home Cooking" Style

2 pounds fresh peas, shelled
4 or 5 lettuce leaves
1 t. sugar
1/2 t. salt
3 T. water
2 T. butter

Wash lettuce leaves and arrange on bottom of heavy saucepan. Add remaining ingredients. Cover tightly and simmer 10 to 12 minutes. Add more water during cooking if necessary.

STRAWBERRY CHEESE TORTE

2 egg yolks
1/2 c. milk
3/4 c. sugar
1/2 t. salt
1 pkg. strawberry Jello
1 c. hot water
2 c. sliced strawberries
1/4 c. sugar
1--12 oz. pkg. cottage cheese
1 c. heavy cream, whipped
2 egg whites
1 t. vanilla
*Graham Cracker Crust

Combine egg yolks, milk, 3/4 c. sugar and salt; cook over hot water, stirring constantly until thick and smooth. Cool. Dissolve jello in hot water. Cool. Mix berries with 1/4 c. sugar; add with cottage cheese to Jello. Stir in custard. Fold in heavy cream whipped and stiffly beaten egg whites and vanilla. Pour mixture into graham cracker crust. Top with whole berries and diagonal lines of buttered crumbs. Chill until firm. Cut in squares. 10 to 12 servings.

*Graham Cracker Crust: Combine 2 c. graham cracker crumbs with 2/3 c. melted butter. Use 1/4 c. crumbs for trim. Press remaining crumbs on bottom and sides of 11 x 7 1/2 x 1 1/2 inch baking dish. Bake at 350 degrees for about 8 minutes.

June 4, 1958

BUFFET CHICKEN SALAD

3 c. cooked chicken, cubed
1/2 c. chopped celery
1/2 c. toasted almonds, slivered
2 T. chopped green olives
1/4 c. chopped sweet pickles
2 hard-cooked eggs, diced
3/4 c. mayonnaise or salad dressing

Combine all ingredients and toss lightly. Serve in Party Aspic Ring. 6 servings.

PARTY ASPIC RING

2 T. unflavored gelatin
3/4 c. cold water
1 c. hot water
Juice 1 lemon
1--8 ounce can tomato sauce
1/2 c. mayonnaise or salad dressing
1/2 t. salt
1/2 c. finely diced celery
3 T. chopped green peppers
1/2 c. cottage cheese

Soften gelatin in cold water, dissolve in hot water. Add lemon juice, tomato sauce and mayonnaise. Blend with rotary beater until smooth. Chill until partially set. Add remaining ingredients. Pour into 5 c. ring mold. Chill until firm. Fill center with Buffet Chicken Salad. Garnish with Watercress or other salad greens. 6 servings.

CHOCOLATE CHIP MACAROONS

1/2 t. salt
3 egg whites
3/4 c. sugar
3 c. cornflakes
1 c. semisweet chocolate bits
1 t. vanilla

Add salt to egg whites until soft peaks form. Gradually beat in sugar and continue beating to make a stiff meringue. Fold in remaining ingredients. Drop from teaspoon onto cookie sheet that has been lightly greased and dusted with cornstarch. Bake at 350 degrees for about 15 to 18 minutes or until done. Cool slightly before removing from pan. Makes 2 1/2 dozen.

Having the girls for lunch? How about Buffet Chicken Salad in Party Ring Mold, Potato Chips or Sticks, Hot Rolls, Chocolate Chip Macaroons and Ice Cream, Beverage.

June 6, 1958

ASPARAGUS WITH SOUR CREAM SAUCE

Cook asparagus in boiling salted water until tender. For the sauce combine 1 c. dairy sour cream with 2 slightly beaten eggs, 1 T. lemon juice and 1/2 t. salt. Cook in top of double boiler stirring constantly until thickened.

Special Request. . . . .

CHOCOLATE SOUFFLE

2 1/2 squares unsweetened chocolate	1 c. milk
1/2 c. sugar	1/2 t. salt
5 T. hot water	4 egg yolks
5 T. butter	5 egg whites
3 T. flour	1 t. vanilla

Melt chocolate over hot water. Add 1/4 c. of the sugar. Add hot water and stir until smooth. Combine butter and flour, gradually add milk and bring slowly to a boil, stirring constantly. Add chocolate mixture and salt. Cool slightly, then combine with very well beaten egg yolks. Cool to lukewarm. Beat egg whites until stiff, add remaining sugar and beat until stiff. Combine about 1/3 of the whites with the chocolate mixture then very carefully fold in remaining whites. Pour into well buttered 2 quart baking dish. Bake at 375 degrees for 25 to 30 minutes.

BROILED HALIBUT PIMIENTO

Place fish on greased broiler pan about 2 inches from heat. Brush with melted butter and sprinkle with salt and pepper. Broil about 10 minutes. Turn carefully and repeat seasonings. Broil 10 minutes or until fish flakes easily when tested with a fork. For four servings: Saute 1 chopped pimiento in 1/3 c. butter. Add 1 T. lemon juice and mix well. Pour sauce over fish before serving on hot serving platter.

A Delicious FRENCH DRESSING
for Green Salads

1 t. sugar	2 T. lemon juice
1/2 t. salt	2 T. vinegar
1/2 t. dry mustard	1/2 c. salad oil

Dash cayenne

Combine all ingredients in a jar and shake well. Shake again before using. Chill. Makes 3/4 c.

June 9, 1958

Penny Saving Dinner. . . . .

CHICKEN AND SCALLOPED
VEGETABLE CASSEROLE

1 broiler-fryer chicken, cut in pieces	1 large onion, thinly sliced
Salt and paprika	1 green pepper, thinly sliced
1 1/2 pound potatoes, pared and thinly sliced (3 1/2 cups)	2 T. butter
	2 T. flour
4 medium carrots thinly sliced	1 t. salt
	1/8 t. pepper

1 1/2 c. milk

Wash and dry chicken, sprinkle with salt and paprika. Add vegetables to small amount of boiling salted water in saucepan. Cover; bring to a boil and simmer 5 minutes; drain and reserve. Melt butter; add flour, 1 t. salt and pepper; stir to a smooth paste. Gradually add milk and cook, stirring constantly until mixture thickens and comes to a boil. Remove from heat. Alternate vegetables and sauce in 2 quart casserole. Place chicken pieces, skin side up on top of vegetables; dot chicken with butter. Bake in moderate oven 375 degrees 1 hour, until chicken is tender. Yield: 4 servings.

STRAWBERRY MERINGUE SHORTCAKE

1/4 c. shortening	1 1/2 t. baking powder
1/2 c. sugar	1/4 t. salt
1/2 t. vanilla	1/2 c. milk
2 egg yolks	2 egg whites
1 c. cake flour	1/2 c. sugar

Sweetened strawberries
Whipped cream or plain cream

Cream shortening, add sugar and vanilla. Beat in egg yolks. Sift flour, baking powder and salt; add alternately with milk to creamed mixture. Pour into 2 waxed-paper lined 8-inch round cake pans. Beat egg whites until frothy; gradually add remaining 1/2 c. sugar and beat to make a stiff meringue. Spread over cake batter. Bake at 350 degrees about 35 minutes. Cool; spread berries between layers and on top of cake. Serve with plain or whipped cream.

June 10, 1958

LEMON VEAL STEAK

1 pound veal steak	Salt and pepper
1 clove garlic, halved	1 large onion, sliced
3 T. butter	1 large tomato, sliced
1 lemon	1/2 c. consomme

Chopped parsley

Rub meat with garlic. Melt butter, brown veal. Squeeze lemon juice over meat. Season with salt and pepper, sprinkle with paprika. Arrange onion and tomato slices over the meat. Pour consomme over all. Cover and cook slowly for 15 minutes. Add a few lemon slices, placing them on top of meat. Cook 15 minutes longer or until meat is tender. Sprinkle with chopped parsley to serve.

Serve with hot butter rice or fluffy mashed potatoes, green vegetable, crisp lettuce salad.

Special Request. . . . .

MILK CHOCOLATE CAKE

1/2 c. cocoa	1/2 t. baking soda
3/4 c. boiling water	1/2 c. dairy sour cream
1/2 c. butter	2 c. cake flour
2 c. sugar	Dash salt
1 t. vanilla	3 egg whites

Combine cocoa and water and cool. Cream butter and sugar, add cocoa mixture. Dissolve soda in sour cream, add with vanilla to first mixture. Fold in flour and salt. Beat egg whites until stiff, fold into mixture. Pour into 2 greased and floured cake pans. Bake at 350 degrees for 25 to 30 minutes. Cool about 5 minutes before removing from pan. Spread chocolate icing between layers and on top of cake.

CHOCOLATE ICING

1/2 c. brown sugar	2 squares chocolate
1/2 c. water	2 c. confectioners sugar
2 T. butter	1 t. vanilla

Dash salt

Combine brown sugar, water and butter, bring to a boil. Add chocolate and when chocolate is melted add confectioners sugar, salt and vanilla. Beat until smooth.

June 11, 1958

SAUCY FRANKFURTERS

3 slices bacon, diced	1/2 c. ketchup
1/2 c. chopped onion	1/4 t. chili powder
2 T. chopped green pepper	1 pound SCHRADER'S frankfurters
3/4 c. unsweetened pineapple juice	Hot Dog Buns

Cook bacon slightly but not until crisp. Add onion, green pepper and cook until tender but not brown. Combine pineapple juice, ketchup and chili powder and pour over bacon mixture. Score frankfurters diagonally at 1 inch intervals; add to sauce. Cover and bring to boiling, lower heat and simmer 8 to 10 minutes. Serve in warm buns. About 10 servings.

PERFECT POTATO SALAD

2 1/2 c. sliced cooked potatoes	1 1/2 t. salt
	1 1/2 t. celery seed
1 t. sugar	3/4 c. mayonnaise (OLD DUTCH)
1 t. vinegar	
1/2 c. finely chopped onion	1 T. NANCE'S mustard
	2 hard cooked eggs, sliced

Sprinkle potatoes with sugar and vinegar. Add onion, seasonings, mustard and mayonnaise; toss to blend. Fold in eggs. Chill. Serve in lettuce lined salad bowl and garnish with parsley, sliced radishes, cucumber slices and extra egg slices if desired. Sprinkle with paprika. Serves 4.

SNOW CREAM DESSERT

1 cup cottage cheese	1/2 c. sugar
1 T. lemon juice	1 c. Dairy sour cream

Fresh sliced strawberries

Press cottage cheese through sieve. Add lemon juice and sugar and beat until smooth. Add sour cream and blend well. Pour into refrigerator tray and freeze until partially frozen. Beat smooth with rotary beater. Return to freezer. Serve spooned into dessert dishes with sliced sweetened strawberries. NOTE: This dessert lacks the richness of many frozen desserts. . . it's deliciously smooth and supercreamy. Hope you like it.

June 13, 1958

SEAFOOD CASSEROLE

1/2 c. chopped green pepper	3/4 t. salt
	Dash pepper
1/2 c. chopped onion	1 T. NANCE'S Mustard Supreme
1 c. diced celery	
1 c. canned or cooked crabmeat	1 c. OLD DUTCH Mayonnaise
2 c. cooked cleaned shrimp	1 c. soft bread crumbs
	3 T. melted butter

Combine pepper, onion, celery, crabmeat, shrimp, salt, pepper, mustard, mayonnaise. Put mixture into greased 1 quart casserole. Toss crumbs in butter; sprinkle on top. Bake at 350 degrees for 30 minutes or till hot. Makes 6 servings.

TRY A FLUFFY LEMON-Y DESSERT

1 T. unflavored gelatin	1/2 t. salt
1/2 c. cold water	1/2 t. grated lemon rind
3 eggs, separated	1/2 c. lemon juice
1/2 c. sugar	1 c. marshmallow creme

1/4 c. sugar

Soften gelatin in cold water. In top of double boiler, combine egg yolks, 1/2 c. sugar, salt, lemon rind and juice. Cook over simmering water until thickened, stirring constantly. Remove from heat, add softened gelatin; stir until dissolved. Add marshmallow creme and cool. Beat egg whites until stiff, gradually add sugar and beat to a stiff meringue. Fold into gelatin mixture. Pour into 8x8x2 inch pan. Chill until firm. To serve spread with sweetened whipped cream if desired and sprinkle with chopped nuts, or serve plain or with sweetened strawberries.

ORANGE ROLLS "Best Ever"

1 c. scalded milk	1/4 c. warm water
1/2 c. shortening	2 eggs, well beaten
1/3 c. sugar	1/4 c. orange juice
1 t. salt	Grated rind 1 orange
1 pkg. yeast	5 c. flour

Combine scalded milk, shortening, sugar and salt. Cool to lukewarm. Soften yeast in warm water, add to mixture. Note: You may use 1 cake compressed yeast if you desire. Add well beaten eggs and remaining ingredients to make a soft dough. Cover and let stand for 10 minutes. Knead the dough 5 to 10 minutes on lightly floured surface. When it's satin-smooth and pliable (it will show small blisters under the surface when dough is drawn taut), place in greased bowl, turning over to bring greased side on top. Cover with a damp cloth and let stand until double in bulk (about 2 hours). Punch down and let stand for 15 minutes. Then the dough will be easy to handle. To shape: Roll dough 10 inches by 16 inches and 1/2 inch thick. Cut in strips 10 inches long and 3/4 inch wide. Roll each strip lightly under your fingers and tie in a knot. Arrange bowknots on lightly greased baking sheet and tuck ends under. Cover and let rise until double in bulk, about 30 minutes. Bake at 400 degrees for 12 minutes. Cool on rack. Ice while warm with orange icing. Orange Icing: Blend 2 T. orange juice, 1/2 t. grated orange rind and 1 c. sifted confectioners sugar.

TRUDY MC NALL'S

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201 HUMBOLDT STREET, ROCHESTER 3, N. Y.

2:30 P.M. HOME COOKING RECIPES, JUNE 16 - 27, 1958

June 16, 1958

BREAST OF CHICKEN FRICASSEE WITH PILAF RICE

by Nick C. Pappas, Chef, Spring House
3001 Monroe Ave., Rochester, N.Y.

2--1 1/4 lb. breasts of frying chicken	4 T. butter
1 medium size carrot	1 egg yolk
2 medium size onions	2 T. flour
2 stalks celery, whole	1/2 c. light cream
2 c. uncooked rice	Juice 1/2 lemon
	6 c. water

Place chicken, carrot, one onion in kettle. Cover with cold water and boil slowly, about 1 hour, until chicken is fork tender. Remove chicken from broth and strain broth. Season.

PILAF RICE: Melt 2 T. butter. Combine rice, 1/4 c. finely diced onion and saute until onions are soft but not brown. Add 2 c. broth and 2 c. water. Place in casserole dish, cover and bake in oven 350 degrees about 1/2 hour or until rice is soft and dry. Season to taste.

FRICASSEE SAUCE: Melt 2 T. butter in top of double boiler. Add 2 T. flour to make rue. Slowly add 2 c. broth, stirring well. Season. In separate bowl combine egg yolk with lemon juice and cream. Combine some of the hot mixture with the egg mixture in bowl, gradually add to sauce in double boiler and simmer until heated.

TO SERVE: Place hot cooked rice on hot plate, cover with sliced chicken breast, top with fricassee sauce. Serves 4. Note: Baking powder biscuits may be used in place of rice.

COCONUT CAKE

4 eggs	3 t. baking powder
2 c. sugar	1/2 t. salt
1 T. lemon rind, grated	1 c. milk
1 T. lemon juice	1 T. butter
2 c. flour	*Frosting
	*Coconut Filling

Beat eggs until thick and lemon colored, about 5 minutes with electric mixer. Gradually add sugar and continue beating until thick. Add lemon rind and juice. Sift flour, baking powder and salt. Heat milk and butter together until just warm. Add dry ingredients to eggs, stir just until blended. Quickly stir in warm milk and butter, using slow speed. Pour into 3 greased and floured 9" layer cake pans. Bake at 350 degrees for 30 to 35 minutes. Cool, spread coconut filling between layers. Cover tops and sides of cake with frosting. Sprinkle coconut on top of cake and on sides.

*FROSTING

4 egg whites	1/2 t. vanilla
2/3 c. sugar	

Beat egg whites until frothy, add sugar slowly and continue beating until very stiff, beat in vanilla. Spread on top and sides of cake. Sprinkle with coconut.

*COCONUT FILLING

1 1/2 c. coconut	4 egg yolks
2 c. milk	Dash salt
1/4 c. cornstarch	1 t. vanilla
1/2 c. sugar	

Reserve 1/2 c. coconut to sprinkle on top of cake. Combine 1 c. coconut with milk, bring to a boil. Blend cornstarch and sugar, add egg yolks and blend well. Stir in milk mixture slowly. Cook over medium heat, stirring constantly until thick and smooth. Cool.

June 17, 1958

VEAL CHOW MEIN

2 lbs. veal steak, cut into thin strips	1 c. chicken broth
1/2 c. salad oil	2 c. diced celery
1 t. salt	1/4 c. flour
Dash pepper	1 t. seasoning salt
1/2 c. onion, chopped	1 t. celery salt
1/2 c. green peppers, cut into thin strips	1 c. milk
	2 T. soy sauce
	1 can chow mein noodles

Saute veal in oil until brown on all sides. Sprinkle with salt and pepper; add onion, peppers and chicken broth. Cover and simmer for 20 minutes. Add celery and cook 10 minutes longer or until celery is tender. Sprinkle veal mixture with flour, seasoning salt, celery salt and mix well. Blend in milk and soy sauce and cook over low heat until thick, stirring constantly. Serve with chow mein noodles. 8 servings.

BEST BLUEBERRY MUFFINS

1/3 c. shortening	1 3/4 c. cake flour
1/2 c. sugar	1 1/2 t. baking powder
1/4 t. salt	1/2 c. milk
1 egg, beaten	1 c. fresh or frozen blueberries

Cream shortening and sugar, add salt and egg and blend well. Sift flour and baking powder, add alternately with milk to first mixture. Add blueberries (if using frozen berries, be sure they are thawed and well drained). Fill greased muffin pans 2/3 full. Bake at 400 degrees for 20 to 25 minutes. Makes 12 medium size muffins.

June 18, 1958

HEAVENLY STRAWBERRY JAM

4 c. strawberries	1/2 c. lemon juice
5 c. sugar	

Wash, drain and hull berries. Put them in a large kettle, cover with sugar, let stand 3 hours. Put over low heat and bring to a boil; boil for just 8 minutes. Add lemon juice and boil another 2 minutes. Cool slightly. Pour into glass jars and seal. Note: This jam has a beautiful color and a real heavenly strawberry flavor. NO PECTIN IS ADDED. Remember to boil jams rapidly. Have you tried the new half pint tapered jars for jellies and jams? Grocers know it as Ball #60. I think they are the nicest containers for jellies and jams, no paraffin is necessary. DO NOT TRY TO DOUBLE THIS RECIPE. JAMS AND JELLIES ARE BEST MADE IN SMALL QUANTITIES.

NYDA'S APPLESAUCE PECAN PIE

1/4 c. butter	3 eggs, beaten
1 c. light brown sugar	1 t. vanilla
1 c. white Karo	2/3 c. applesauce
1/4 t. salt	1 c. broken pecans
3 T. flour	

Cream butter and sugar, add syrup and cream until light and fluffy. Add salt and flour to the eggs, then add to first mixture. Stir in vanilla, applesauce and nuts. Pour into 9 inch unbaked pie shell and bake at 350 degrees for 55 minutes or until set.

HOW TO FREEZE PEAS

Wash, shell, sort, rinse, drain, and scald peas (not more than 2 quarts at a time) 2 minutes in boiling water. Put into ice water long enough to chill. Drain peas, pour into tapered jars or other freezer containers. Freeze.

June 19, 1958

Shop your nearest STAR MARKET for special food values. Ask for Trudy McNall's special Menu of the Week

June 20, 1958

MANICOTTI WITH TOMATO SAUCE

1/2 pound BRAVO Manicotti or Macaroni	1 t. salt
3 T. salad oil	1/8 t. pepper
1 c. finely chopped onion	2 c. tomato sauce
1 pound ground beef	1 1/2 c. water
1/4 c. bread crumbs	1/4 t. crumbled basil
1 c. shredded cheese	Grated Parmesan cheese

Cook Manicotti in 4 quarts of boiling salted water until almost tender (12 to 15 minutes). Stir occasionally with wooden spoon. Drain and rinse with warm water. While Manicotti are cooking heat oil in large heavy skillet. Add 1/2 c. of the onion. Add meat and brown well, stirring frequently. Combine crumbs, cheese, salt and pepper. Remove meat from skillet, draining off excess fat. Add meat to crumb mixture and mix well. To the same skillet, add remaining chopped onion, tomato sauce, water and basil. Mix thoroughly and heat. Pour about half the sauce into 8 x 10 inch baking dish. Stuff the drained manicotti with meat mixture and arrange in sauce in baking dish. Pour remaining sauce over stuffed manicotti and sprinkle with Parmesan cheese. Bake at 350 degrees 25 to 30 minutes. Note: If using macaroni combine the cooked macaroni with the meat mixture and bake only about 20 minutes.

COOKIE OF THE WEEK. . .

PINEAPPLE DROP COOKIES

2/3 c. shortening
1 1/2 c. brown sugar
2 eggs
1 t. vanilla
1 t. lemon flavoring
2/3 c. crushed pineapple
3 1/2 c. flour
2/3 c. chopped nuts
1 t. baking powder
1/2 t. baking soda
1/4 t. salt

Cream sugar and shortening, add eggs and blend well. Add flavorings and crushed pineapple. Sift flour, baking soda, baking powder and salt and add with nuts to batter. Drop by spoonfuls onto lightly greased baking sheet. Bake at 350 degrees for 12 minutes or until done.

JUNE IS DAIRY MONTH. . .

Satisfy your Sweet Tooth with

ORANGE BUTTERMILK SHERBET

1 T. unflavored gelatin
3/4 c. sugar
1/3 c. cold water
1 1/2 c. orange juice
1 1/2 c. buttermilk
Juice 1 lemon
Grated rind 1 orange
2 T. chopped maraschino cherries

Combine gelatin and sugar, blend in cold water and orange juice. Heat the mixture until the gelatin and sugar are completely dissolved. Cool slightly, add buttermilk. Pour the mixture into a refrigerator tray and freeze it until ice crystals form around the edges of the tray. When the mixture is partially frozen, remove it from the tray and place it in a bowl, beat with rotary beater or electric mixer until it's quite smooth. Add the lemon juice, orange rind and cherries. Pour back into tray and freeze until firm. When serving, garnish with a twist of orange rind and a bright maraschino cherry.

June 23, 1958

FRANKFURTER POTATO SALAD

3 c. sliced, pared, cooked potatoes
1/2 c. celery, finely cut
4 SCHRADER'S frankfurters, thinly sliced
1/4 c. finely chopped onion
2 T. butter
1/2 c. evaporated milk
1/4 c. NANCE'S Hot Dog Relish
1 T. vinegar
1 T. sugar
1 t. salt

Combine potatoes, celery in large bowl. Brown frankfurters and onion in butter for about 15 minutes. Mix frankfurters and onions with potatoes and celery. Combine remaining ingredients. Pour over all. Mix and serve at once or chill and serve cold.

SNOWBALL PUDDING WITH STRAWBERRY SAUCE

from: Betty Spoor, Rochester, N.Y.

1/3 c. butter
1 c. cake flour
3 t. baking powder
1/2 c. sugar
1/2 c. cornstarch
3/4 c. milk
4 egg whites

Cream butter and sugar. Sift cake flour, cornstarch and baking powder. Add this mixture alternately with the milk. Beat egg whites until stiff and fold in. Place batter in 6 well greased custard cups and steam 1/2 hour. Turn out gently and roll in confectioners sugar. Serve with strawberry sauce.

STRAWBERRY SAUCE

1/2 c. butter
1 egg yolk
1 1/2 c. confectioners sugar
1 c. crushed strawberries

Cream butter and confectioners sugar, add the egg yolk, then the crushed berries. Beat at serving time. One can make more sauce by adding all the yolks left over from the Snowball Pudding and more berries.

June 24, 1958

PICNIC MEAT LOAF

1 pound ground beef
1/2 pound ground pork
1 c. tomato juice
4 slices bread
1/4 c. chopped onion
2 T. chopped green pepper
1 1/2 t. salt
1/4 t. pepper
1/2 t. sage
1 T. Worcestershire sauce
2 eggs, slightly beaten

Combine beef and pork. Pour tomato juice over bread. Add onion, green pepper and seasonings to meat. Add tomato juice mixture. Mix well. Pack into 2 No. 2 cans or a 5 x 9 inch loaf pan. Bake the cans of meat loaf in a moderate oven 350 degrees for 1 hour. For loaf pan, bake 1 1/4 hours.

GERMAN'S CHOCOLATE CAKE

(This recipe from one woman to another, started with an anonymous homemaker somewhere in Texas. Its fame has spread with fabulous swiftness across the nation, to be greeted everywhere with enthusiasm. It is recommended to all who are seeking the tried-and-true way to a man's heart.)

1 package Baker's German Sweet Chocolate
1/2 c. boiling water
3/4 c. shortening
1 3/4 c. sugar
4 egg yolks, unbeaten
1 t. salt
1 t. vanilla
1 t. soda
1 c. buttermilk
2 1/2 c. cake flour
4 egg whites

Melt chocolate in 1/2 c. of boiling water. Cool. Cream shortening and sugar until light and fluffy. Add egg yolks, salt, vanilla and melted chocolate. Beat until well blended. Dissolve soda in buttermilk. Add sifted flour alternately with buttermilk to egg mixture, beating after each addition until batter is smooth. Beat egg whites until stiff peaks form. Fold into batter. Pour into 2 greased and floured 9 inch layer cake pans. Bake at 350 degrees for 45 minutes. Cool. Frost with Coffee Whipped Cream or your favorite icing. Decorate if desired with blanched almonds dipped in melted chocolate.

COFFEE WHIPPED CREAM

1 pint GENESEE COUNTRY medium cream, whipped
2 T. sugar
2 T. instant coffee

Chill cream thoroughly, beat until almost thick, add sugar and instant coffee and beat until mixture holds its shape. Do not overbeat. Frost cake and decorate with chocolate dipped almonds.

June 25, 1958

BUTTER-CRUSTED BROILERS

(Here's a recipe which makes today's delicious broiler-fryers even tastier. What's more, this simple, fast recipe eliminates top-of-the-range cooking. The buttery coating is rubbed on the skin side of the chicken before you put it in the oven. It cooks to a golden brown crust that seals in the flavorful tender meat. Servings can be either quarters or halves.)

2 broiler-fryer chickens split lengthwise
1/2 c. butter
1/2 t. salt
1 t. paprika
1/3 c. flour

Wipe chicken halves or quarters thoroughly dry. Place in shallow baking pan, skin side up. Cream together in a small bowl; butter, flour, salt and paprika. With the fingers, spread a thick coating of the butter mixture on the skin side of chicken. Use all of mixture. Bake in a very hot oven 450 degrees until lightly browned, about 25 minutes. Reduce temperature to 325 degrees (open oven door 5 minutes or until lower temperature is reached). Continue baking until drumstick twists easily out of thigh joint, 20 to 30 minutes. Makes 4 to 8 servings.

COCONUT PINEAPPLE FREEZE

A real smoothie, easy to prepare. . .delicious.

1 c. crushed pineapple
1/2 c. fine coconut
1 c. midget marshmallows
1/2 c. vanilla wafer crumbs (about 15 wafers)
2 T. butter
1 c. heavy or medium cream, whipped

Pour pineapple (with syrup) over coconut and marshmallows. Let soak several hours or overnight if you have time, until marshmallows are very soft. Brown crumbs lightly in butter; spread 1/2 in bottom of refrigerator tray. Fold cream into pineapple mixture. Pour into the refrigerator tray and top with remaining crumbs. Freeze until firm. Makes 6 to 8 servings.

June 27, 1958

SHRIMP SPAGHETTI CASSEROLE

3 T. butter
1 medium onion, chopped
2 T. green pepper, chopped
2 1/2 c. canned tomatoes
1 t. salt
1 T. Nance's Mustard Supreme
4 ounces BRAVO spaghetti
2 c. shrimp, canned or fresh
1 c. cheddar cheese, grated

Saute onion and pepper in butter until softened. Add canned tomatoes and seasonings. Add uncooked spaghetti. Cover, when steaming starts, lower heat to simmer, cook 45 minutes. Add shrimp and cheese and simmer for 20 minutes. Serves 5.

CHOCOLATE PIE SUPREME

1 T. unflavored gelatin
1/4 c. water
1 package (1/4 pound) Baker's German Sweet Chocolate
1/2 c. milk
Dash salt
3/4 t. vanilla
1 pint vanilla ice cream
*1 baked 9-inch Meringue-Pecan shell, cooled
2 T. chopped pecans

Soften gelatin in 1/4 c. cold water. Combine chocolate with milk and salt. Melt over hot water. Remove from hot water, add gelatin and vanilla, stir until gelatin is dissolved. Soften ice cream in mixing bowl. Add chocolate mixture and blend well with wire whip; or beat at low speed of electric mixer until well blended, about 2 minutes. Pour into meringue shell. Sprinkle with nuts. Chill about 3 hours. Makes 6 to 8 servings.

*MERINGUE-PECAN SHELL

Beat 2 egg whites until foamy. Add 1/8 t. cream of tartar and beat until meringue is stiff but not dry. Gradually beat in 1/2 c. sugar. Fold in 1 c. chopped pecans. Spread mixture over bottom and sides of 9-inch pie pan that has been buttered and dusted with cornstarch. Bake at 275 degrees until lightly browned and crisp, about 1 hour. Cool.

TRUDY MC NALL'S

Rochester's FIRST Station
WROC-TV
CHANNEL 5
A TRANSCONTINENT TELEVISION CORPORATION STATION
ROCHESTER BROADCASTING CENTER
201 HUMBOLDT STREET, ROCHESTER 3, N. Y.

2:30 P.M. HOME COOKING RECIPES, June 30 - July 11, 1958

June 30, 1958

BARBECUED RIBS

3 to 4 pounds ribs, cut in pieces
1 lemon
1 large onion
1 c. ketchup
1/3 c. Worcestershire sauce
1 t. salt
1 t. chili powder
1/8 t. Tabasco sauce
2 c. water

Place ribs in shallow pan, meaty side up. On each piece place a slice of lemon, a thin slice of onion. Roast in a very hot oven at 450 degrees for 30 minutes. Combine remaining ingredients; bring to a boil, pour over ribs. Bake at 350 degrees for about 1 hour or until tender. Add additional water if necessary. 4 servings.

HOME FRIED POTATOES

4-5 medium potatoes
1/3 c. shortening
Salt and pepper

Peel and cut potatoes into 1/2 inch cubes. Brown in shortening, turning frequently. Fry until crisp and golden brown. Season to taste. 4 servings.

TASTY SALAD BOWL

1/2 c. vinegar
2 T. sugar
1 t. salt
1 T. Nance's mustard
1/4 c. salad oil
Lettuce (1/2 head)
2 T. chopped onion
1/4 c. sliced radishes
1 c. sliced or shredded carrots
1/3 c. diced celery
2 tomatoes, cut in wedges

Combine vinegar, sugar, salt and mustard; heat just to boiling, cool. Stir in salad oil. Break lettuce into bite size pieces, combine with remaining vegetables. Toss lightly with dressing. 4 servings.

GINGER NUT WAFERS

2 c. flour
1/2 t. soda
1/2 t. salt
1/2 t. cinnamon
1 t. ginger
1/2 c. molasses
1/4 c. brown sugar
1/4 c. white sugar
1 egg
1/2 c. melted shortening
1 T. grated lemon rind
1 c. chopped nuts

Sift flour, soda, salt, cinnamon, and ginger. Combine molasses, brown and white sugar, egg, melted shortening and lemon rind. Mix well. Add flour mixture. Mix until flour is moistened. Add nuts. Mix well. Shape into two long rolls. Wrap in waxed paper. Chill until firm. Slice 1/4 inch thick. Bake at 350 degrees for about 15 minutes. Makes about 7 dozen 2 1/2 inch cookies. Note: Ginger Nut Wafers and a glass of milk make a nourishing afternoon snack for children. Once you have the cookie dough ready in the refrigerator, you can bake fresh cookies in a jiffy.

MENU: Barbecued Ribs, Home Fried Potatoes, Tasty Salad Bowl, Fruit and Cookies.

July 1, 1958

CHICKEN BAKED IN CREAM

2 broilers, quartered
2 T. butter
1 onion, sliced
Salt and pepper
1/2 pint cream

Place broilers, skin side up, in a large shallow roasting pan. Spread them with softened butter. Bake uncovered at 350 degrees for about 1/2 hour or until they brown a little. Put a thick slice of onion on each piece, pour the cream over them. Continue cooking until chickens are tender--another 45 to 60 minutes. Serve with the pan gravy.

STRAWBERRY MERINGUE HEART

1 package Betty Crocker Meringue Mix
2/3 c. sugar
1/3 c. water

Add sugar to mix, blend in water. Beat on high speed on mixer until thick and holds very stiff peaks. Form into a heart shape on baking sheet that has been greased and dusted with cornstarch. Build up the sides of the heart by shaping with the back of a spoon. Bake at 275 degrees for one hour, turn off heat and leave in for another hour to dry completely. Fill center with fresh, sliced strawberries, serve with slightly sweetened whipped cream.

Note: Meringue Mix--one of the newest mixes to reach us. You can have perfect meringues every time. No egg yolks left over. A dazzling dessert to serve, yet only a short preparation time. May be made into individual meringues. Each packet makes about 8 shells. Bake individual shells as for larger meringue.

BRONCOS

1 c. flour
2 T. sugar
1 1/2 t. baking powder
2/3 c. corn meal
3 T. shortening
1 egg, slightly beaten
3/4 c. milk
1 pound SCHRADER'S Frankfurters

Sift flour, sugar and baking powder. Stir in cornmeal, cut in shortening till mixture resembles fine crumbs. Combine egg and milk; add to cornmeal mixture, stirring just until blended. Insert wooden skewer into end of each frankfurter, spread frankfurter evenly with batter. Fry in hot fat 375 degrees until brown--4 to 5 minutes. Serve with Nance's Hot Dog Relish, Nance's Mustard, or Ketchup.

July 2, 1958

"Featuring Today--4th of July Picnic Ideas"

4th OF JULY POTATO SALAD

3 c. cooked potatoes, diced
3 T. chopped onion
1 T. lemon juice
1 T. Nance's mustard
1/2 c. chopped dill or sweet pickles
4 hard cooked eggs, chopped
1/3 c. French dressing
Old Dutch Mayonnaise or Salad Dressing to moisten
Salt and pepper to taste
Salad greens

Mix potatoes, onion, lemon juice, mustard, pickles and eggs, combine with French Dressing. Chill several hours. Add enough mayonnaise or salad dressing to moisten. Season to taste and serve with salad greens. 6 servings.

DEVILED EGGS

Quick and delicious, seasoning just right. Hard cook as many eggs as desired. Cut eggs into halves lengthwise and remove yolks. Mash yolks or force through sieve. Add just enough Nance's Hot Dog Relish to moisten. Pile yolk mixture in the halves of egg white and sprinkle with paprika.

EASY BAKED BEANS

2 pound cans pork and beans
1 c. chili sauce
1/2 c. brown sugar
3 T. chopped onion
3 T. finely chopped green pepper
1 T. Nance's Mustard Supreme
4 slices bacon, cut in 1-inch pieces

Combine all ingredients except bacon into 2-quart casserole, top with bacon pieces. Bake uncovered at 350 degrees for 45 minutes. 6 to 8 servings.

SPECIAL MEAT LOAF

(Perfect for serving cold, delicious hot, too, of course.)

1 pound ground beef
1/2 pound ground fresh pork
1/2 pound ground veal
1/2 c. chopped onion
1/2 c. chopped green pepper
1 1/2 c. soft bread crumbs
2 eggs
1/3 c. milk
1 c. seasoned tomato sauce
2 t. salt
1 T. Nance's mustard
Dash pepper

Combine all ingredients. Place in 9 1/2x5x3 inch loaf pan. Bake at 350 degrees 1 1/2 hours. Makes 6 to 8 servings.

FOURTH OF JULY CAKE

3 eggs
1 c. sugar
5 T. water
1 t. vanilla
1 c. flour
1 t. baking powder
1/4 t. salt

Beat eggs until thick, gradually beat in sugar. Beat in water and vanilla. Sift together flour, baking powder and salt, beat into eggs, just until smooth. Pour into 15 1/2 x 10 1/2 inch jelly roll pan which has been lined with greased waxed paper. Bake at 375 degrees 12 to 15 minutes. Loosen edges at once and turn upside down on a towel sprinkled with confectioners sugar. Remove paper. Roll up with waxed paper inside roll. Wrap in towel and cool 1 hour. Unroll and spread with desired filling. Reroll and decorate.

TO DECORATE: Place jelly roll on large piece waxed paper. Frost 2 ends of cake, then frost all around, turning it over to frost the underside. Sprinkle all over with red sugar. Tuck a candy stick, about 4" long into center of one end for fuse of firecracker. Start slicing at opposite end to leave "fuse" undisturbed.

CREAMY FROSTING: Cream 1/3 c. shortening (part butter) with 2 1/2 c. confectioners sugar and a dash of salt, add 2 T. milk, 1/2 t. vanilla and a few drops of yellow coloring. Beat until fluffy.

Note: For easy, attractive, delicious filling, spread with currant jelly. Pretty for 4th of July.

July 3, 1958

Shop Star Markets today for 4th of July picnic specials.

July 4, 1958

BAKED MACARONI WITH QUICK TOMATO SAUCE

1--8 oz. package BRAVO macaroni	1/4 c. sharp shredded cheese
8 slices bacon	1 can tomato sauce
1/3 c. diced onion	1 c. milk

1/2 c. buttered crumbs

Cook macaroni, rinse and drain. Dice bacon and cook until lightly browned, remove bacon, brown onion lightly. Arrange macaroni, bacon, onion and cheese in layers in a greased casserole. Combine tomato soup and milk; pour over the layers. Top with buttered crumbs. Bake at 375 degrees about 25 minutes or until browned. 6 servings.

GOLDEN SPONGE CAKE

1 1/2 c. cake flour	1/2 c. cold water
1/4 t. salt	1 1/2 c. sugar
1/2 t. baking powder	3/4 t. cream of tartar
5 eggs, separated	1 t. vanilla

Sift flour, salt and baking powder. Beat egg whites with cream of tartar until stiff. Beat egg yolks until thick and lemon colored, add water gradually and continue to beat until very fluffy and light. Gradually add sugar and continue to beat constantly. Fold in dry ingredients, then egg whites. Add vanilla. Bake in ungreased 10" loaf pan at 325 degrees for 60 minutes.

July 7, 1958

CHOCOLATE PIE WITH GRAHAM CRACKER CRUST

Graham Cracker Crust:

1 2/3 c. crumbs or 20 graham crackers	1/4 c. sugar
	1/4 c. melted butter

Combine all ingredients. Press firmly into an even layer against bottom and sides of 9-inch pie plate. Bake at 375 degrees for 8 minutes. Cool.

Cream Filling for Chocolate Pie:

1 c. sugar	2 egg yolks
1/3 c. flour	3 3/4 c. milk, scalded
3 T. cornstarch	2 squares unsweetened chocolate
1/8 t. salt	
2 T. butter	1 t. vanilla

1/2 pt. whipped cream

Combine sugar, flour, cornstarch and salt. Beat egg yolks slightly, add scalded milk gradually. Combine with dry ingredients. Cook until thick and smooth, stirring constantly. Continue cooking after thickened for about 5 minutes to cook starch. Add finely cut chocolate and stir until completely smooth and blended, stir in butter and vanilla. While custard is cooling beat vigorously every few minutes to prevent film from forming. While still slightly warm pour into pie shell. Let stand until cold, refrigerate. Before serving decorate with whipped cream. Let pie stand for several hours before serving.

CHICKEN ON BROCCOLI WITH MORNAY SAUCE

1 cooked fowl (about (5 pounds)	4 T. butter
	4 T. flour
1 bunch broccoli	1 c. Genesee Country Medium Cream
2 c. chicken stock	

1 c. grated Parmesan cheese

Simmer chicken for 2 1/2 hours or until tender. To simmer cover chicken with about 1 quart water, add a sliced onion, a carrot and a few stalks celery. Salt may be added after chicken is cooked. Cook broccoli in boiling salted water for about 12 minutes. Drain well, arrange on ovenproof platter or individual dishes. Skin and bone chicken and cut into large pieces. Arrange chicken on broccoli. Melt butter, blend in flour, gradually stir in chicken stock, cook stirring constantly until thick and smooth. Add cream and 1/2 c. of the cheese and simmer, for 3 minutes. Spoon over chicken and broccoli, sprinkle with remaining cheese. Bake uncovered at 350 degrees for about 30 minutes or until well heated and cheese is brown. For individual casseroles bake for 20 minutes. Serves 6 or 7.

July 8, 1958

DELICIOUS CUBED STEAKS

Cubed steaks	Flour
Salt and pepper	1 egg
Shortening	1 T. water

Sprinkle steaks with salt and pepper and dredge with flour. Dip into combined egg and water. Melt small amount of shortening in skillet, cook steaks over medium heat about 1 1/2 minutes on each side. DO NOT OVERCOOK.

SMOTHERED ONIONS

Slice onions, as many as desired, saute in small amount of butter until lightly browned. Sprinkle with salt, pepper and paprika. Cover and allow to steam for about 15 minutes or until tender.

HEIRLOOM COOKIES
"Cookie of the Week"

1/2 pound chocolate bits	1 c. oatmeal
3/4 c. flour	1/2 c. butter
1/2 t. soda	1/2 c. granulated sugar
1/2 t. salt	1/4 c. brown sugar
1/2 c. chopped nuts	1 egg

1/2 t. vanilla

Sift flour, soda, and salt. Add chocolate and nuts to flour with oatmeal. Cream butter and sugars together, add egg and blend well. Add vanilla. Stir in dry ingredients. Mix well. Drop by teaspoonfuls onto ungreased cookie sheet about 2" apart. Bake at 375 degrees about 12 minutes. Makes about 3 dozen.

July 9, 1958

NORWEGIAN MEAT BALLS

1 1/2 pound ground round steak	1 T. cornstarch
	3/4 t. salt
1 pound ground lean pork	Dash nutmeg
	1/8 t. pepper
1/2 c. finely chopped onion	2 1/2 c. Genesee Country light cream
1 egg	2 T. flour

Combine all ingredients except the 2 T. flour and 2 c. of the coffee cream. Shape into small balls about the size of a walnut. Brown these carefully in small amount of butter. Remove from skillet, add flour, then gradually the remaining 2 c. light cream, stirring constantly. Pour over meat balls and bake in covered dish for about 1 1/4 hours. Tip: Mix all ingredients with electric mixer for a lighter meat ball. Serves 6.

CREAMY COTTAGE CHEESE PIE

1--10 inch baked pie shell	4 T. lemon juice
	Grated rind 2 lemons
1 T. unflavored gelatin	2 c. cottage cheese, forced through sieve
2 T. cold water	
2 t. cornstarch	1 c. Genesee Country heavy cream
1/3 c. sugar	
Dash salt	3 egg whites, stiffly beaten
1 c. water	
3 egg yolks	*Graham Cracker Topping

Sprinkle gelatin over cold water to soften. Mix cornstarch, sugar and salt with 1 c. water, add to beaten egg yolks, cook in a double boiler, stirring constantly until mixture thickens. Add the gelatin and stir to dissolve. Remove from heat and cool until mixture begins to thicken. Add lemon juice and rind. Fold in cottage cheese, egg whites and heavy cream, whipped. Pour into baked pie shell. Top with graham cracker topping.

*Graham Cracker Topping: Combine 1/4 c. graham cracker crumbs, 2 T. sugar and 1/2 t. cinnamon.

July 11, 1958

BAKED HALIBUT OR SWORDFISH

1 pound halibut or swordfish steak	1/2 t. salt
	Dash pepper
4 T. butter	1 T. lemon juice
2 T. flour	1/2 c. grated American cheese
1 c. milk	

Cut halibut into serving pieces. Place on well buttered shallow casserole. Spread with 1 T. of the butter and broil for about 5 minutes or until top is nicely browned. Melt 3 T. of butter and blend in the 2 T. flour. Slowly pour on the milk and cook stirring constantly until mixture thickens. Season with salt and pepper. Place fish, brown side down in buttered shallow casserole, sprinkle with lemon juice, pour sauce over all, top with cheese. Bake uncovered at 350 degrees for 20 minutes or until top is browned. Serves 3.

COFFEE CAKE. . . . .
for Sunday Morning Breakfast

1/2 c. brown sugar	1 t. soda
1/2 c. chopped nuts	1/2 c. butter
1 t. cinnamon	1 c. sugar
2 c. flour	2 eggs
1 t. baking powder	1 c. Dairy Sour Cream

Combine brown sugar, nuts and cinnamon for topping. Sift flour, baking powder and soda. Cream butter and sugar, add eggs and mix well. Add sifted dry ingredients alternately with sour cream. Pour batter into greased and floured 9-inch square pan. Sprinkle with topping. Bake at 350 degrees for about 35 minutes or until done.

LUCILLE'S BON BON COOKIES
"Bob's Favorite"

1 c. butter	3/4 c. cornstarch
1/3 c. confectioners sugar	1 1/4 c. flour

Cream butter and sugar, add cornstarch and flour. Make into small balls, dip tops in finely chopped nuts. Flatten with glass tumbler. Bake at 350 degrees for 15 minutes. Frost, tint frosting if desired.

Frosting: Combine 1 c. confectioners sugar, 1 T. butter and 2 T. lemon juice. Mix well. Color if desired. Note: Wonderful with fresh fruit in season or ice cream. Keeps very well in tightly covered container.

WROC - Television
Channel 5

TRUDY McNALL'S
HOME COOKING RECIPES

July 14 - 25, 1958

Weekdays
2:30 P.M.

July 14, 1958

BUFFET CHICKEN SALAD MOLDS

1 T. unflavored gelatin
1/4 c. cold water
1 c. Old Dutch Mayonnaise
2 1/2 c. diced cooked chicken
1/2 c. heavy or medium cream
1/2 c. diced celery
1/4 c. chopped pimiento
3 T. chopped green pepper
1/2 t. salt
Dash pepper
Ripe or stuffed olives
Salad greens

Soak gelatin in cold water and dissolve over boiling water. Add to mayonnaise. Whip cream and fold in with remaining ingredients except olives and salad greens. Pour into 8 individual molds and chill firm. Garnish with salad greens and olives. Note: Better Homes and Gardens' Salad Book suggests a salad meal on a sizzler of a day. Serve Buffet Chicken Salad Molds with sticks, slices, and rounds of cheese, roll-ups of ham and cold cuts, deviled eggs and little green onions, carrot curls and radish roses. For a buffet supper arrange all on a large tray, flowers in center of tray add a pretty touch. Roll a cool butter ball for each hot, sugary blueberry muffin; pass tall glasses of pink lemonade. (Fruit in season. . .cookies for dessert.)

SUGARY BLUEBERRY MUFFINS

3 c. flour
1 t. soda
1/2 t. salt
1 c. brown sugar
1/2 c. butter
2 eggs, well beaten
1 c. buttermilk
1 pint fresh blueberries, washed and drained
2 t. cinnamon
1/2 c. sugar

Sift flour, soda and salt, stir in brown sugar. Combine eggs and buttermilk, add to dry ingredients, add drained blueberries. Put batter in greased muffin pans or pans lined with paper cups. Sprinkle tops with combined cinnamon and granulated sugar. Bake at 375 degrees for about 20 minutes or until done.

HANG-YEN-B.ING (Chinese Favorites)

2 1/2 c. flour
3/4 c. sugar
1/4 t. salt
1 t. baking powder
3/4 c. shortening
1 egg
2 T. water
1 t. almond extract
Blanched almonds
1 egg yolk
1 T. water

Sift flour, sugar, salt and baking powder. Cream shortening and egg. Add water and almond extract. Mix well. Gradually add flour mixture, kneading if necessary to blend. Form dough into one-inch balls, using palm of hand. Flatten each ball to 1/4 inch thickness. Place on ungreased cookie sheet 1/2 inch apart. Press almond into each cookie, brush with egg yolk beaten with 1 T. water. Bake at 350 degrees for about 25 minutes. Makes 3 dozen.

July 15, 1958

Featuring 2 Specials for the Teen-age Gang

FRANK ROLL-UPS

6 Schrader Frankfurters
1 c. Daisy Pastry Flour
1/2 t. salt
1/3 c. shortening
2-4 T. water
2 t. melted butter
2 T. flour
1 1/2 c. milk
1/4 t. salt
1/2 t. NANCE'S Mustard
1/4 c. grated American cheese
1/4 c. sliced stuffed olives
1 1/2 t. sesame seeds

Sift flour and salt, cut in shortening until crumbs are like corn meal and some of the pieces of fat are the size of peas. Add cold water, enough to make a pastrylike dough. Roll the dough into a circle 12 inches in diameter. Cut into 6 pie shaped wedges. Place a SCHRADER frankfurter on the wide end of each wedge and roll up toward center like a jelly roll. Brush pastry roll-ups with 2 t. melted butter and sprinkle with sesame seeds. Bake in a hot oven 425 degrees 15 to 18 minutes or until pastry is lightly browned. For sauce: Blend butter and flour, add milk, salt and mustard. Cook stirring constantly until thickened. Add olives, serve over hot frankfurters. 6 servings.

TEENAGE SPECIAL

1 pound ground beef
2 T. shortening
1/4 c. chopped onion
1/3 c. chopped green pepper
1 can mushroom soup
1/2 c. milk
1/2 t. salt
3 English muffins split and toasted
Paprika

Saute onion and green pepper in shortening. Add ground beef and cook until browned. Pour off drippings. Combine soup, milk and salt and add to beef mixture. Cook until heated through. Serve over toasted English muffins. Sprinkle with paprika. 4 servings.

GRAHAM DATE NUT ROLL

1/2 pound graham crackers
1/2 pound midget marshmallows
1/2 pound dates
1 c. nuts
1 c. light cream

Roll cracker crumbs fine, reserving about 1/4 c. crumbs. Chop nuts and cut up dates. Mix the crumbs, marshmallows, chopped nuts and cut-up dates together well, add cream. Stir until well mixed. Turn out on waxed paper dusted with remaining graham cracker crumbs. Form into a roll, packing together firmly. Roll in additional graham cracker crumbs. Wrap in foil or waxed paper and chill in refrigerator for 24 hours before serving. Slice and serve with a garnish of whipped cream. Serves 8.

July 16, 1958

FAVORITE SALAD BOWL

Leaf lettuce
1/2 head lettuce, in bite-size pieces
1 c. bias-cut celery
1 c. sliced radishes
2 c. sliced raw cauliflower
1 green pepper, thinly sliced
1/2 t. salt
1/2 c. crumbled blue cheese
French dressing

Line bowl with leaf lettuce, arrange head lettuce and remaining vegetables in bowl; add salt. Sprinkle blue cheese over. At table pour dressing over, toss. Makes 6 to 8 servings. (An ice "jacket" keeps the crunch in summer salads. Fit two bowls of different sizes together and pack crushed ice in between--works with individual salad bowls and fruit cups, too.)

FROZEN LEMON CUSTARD

3 egg yolks
3/4 c. sugar
1/2 c. lemon juice
Grated rind 1 lemon
3 egg whites
1/2 pint heavy cream
1 c. vanilla wafer crumbs

Beat egg yolks well, gradually beat in sugar, add grated rind and lemon juice. Cook in double boiler until thick, stirring constantly. Cool. Fold in stiffly beaten egg whites and heavy cream, whipped. Sprinkle greased refrigerator tray with 1/2 the crumbs. Pour in custard, sprinkle with remaining crumbs. Freeze. Cut into squares.

JELLIED HAM LOAF

1 picnic ham (about 4 pounds)
1 T. prepared horse-radish
1 T. Nance's Mustard
1/2 c. cold water
2 T. unflavored gelatin
3 c. hot ham stock
3 bouillon cubes
Hard cooked eggs
Pimiento strips

Simmer ham in water to cover for 2 hours. Remove meat from bone, put through food chopper to make 5 cups. Add horseradish and mustard. Soak gelatin in cold water, dissolve in hot stock; add bouillon cubes. Add meat mixture; pour into loaf pan 9 1/2 x 5 x 3 inch. Chill until firm. Unmold. Garnish top of loaf with hard cooked egg white and yolks. For a pretty garnish, chop egg whites and arrange in stripes on either side of loaf and sieved yolks through the center. Add some pimiento strips for additional color.

July 17, 1958

Shop STAR MARKETS. . .for best food buys. Ask for Trudy McNall's Menu of the Week.

July 18, 1958

CHARCOAL BROILED LOBSTER TAILS

Thaw rock-lobster tails and butterfly by splitting along top shell. Broil over coals with the meat side up at start, finish cooking with shell side up. While broiling brush frequently with melted butter. Total broiling time, about 15 minutes. Season with salt, pepper and paprika, sprinkle with chopped parsley. Serve with melted butter and lemon wedges.

MENU SUGGESTION: Serve one or two lobster tails per person with potato salad and hot crispy French bread, garlic scented. Fruit in season for dessert, gingersnaps.

GARLIC FRENCH BREAD

Cut a loaf of French Bread in half, lengthwise. Brush generously with garlic butter. Sprinkle liberally if desired with grated Parmesan or sharp cheddar cheese. Put halves together; wrap securely in double thickness of aluminum foil. Grill 10 to 12 minutes on rack over coals or 6 to 7 minutes directly on the briquettes. To serve, slice crosswise to make sandwiches. (To make garlic butter combine 1/4 pound butter and 1 clove crushed garlic in small sauce pan and simmer for 2 minutes. Do not let butter brown.)

SOUR CREAM POTATO SALAD
from: Better Homes and Garden' Salad Book

6 c. diced cooked potatoes
1/4 c. chopped green onions and tops
1 t. celery seed
1 1/2 t. salt
4 hard cooked eggs
1 c. sour cream
1/2 c. mayonnaise
1/4 c. vinegar
1 t. prepared mustard
3/4 c. diced pared cucumber
Minced parsley
1/2 t. pepper

Combine potatoes, onions, celery seed, salt and pepper. Toss lightly. Separate whites of hard-cooked eggs from yolks; chop whites and add to potato mixture. Chill. Mash hard cooked yolks; add sour cream, mayonnaise, vinegar and mustard. Mix well. Pour dressing over potatoes; toss lightly. Let stand 20 minutes. Just before serving add cucumber. Trim with minced parsley. 6 servings.

BEST GINGERSNAPS

1 c. sugar
3/4 c. shortening
1/4 c. molasses
1 egg
2 c. flour
1 1/2 t. soda
1/2 t. salt
1 t. cinnamon
1/2 t. cloves
1/4 t. nutmeg
1 1/2 t. ginger
1/3 c. sugar

Cream sugar and shortening, add molasses and egg. Blend well. Stir in dry ingredients. Roll small balls of dough between palms of hands (about the size of a walnut). Roll in sugar. Place 2 inches apart on lightly greased cookie sheet. Bake at 375 degrees for 15 minutes. Remove from cookie sheet immediately. Makes 4 1/2 dozen.

July 21, 1958

EGG SALAD IN TOMATO ACCORDIONS

6 hard cooked eggs, chopped
1/2 c. finely cut celery
1/3 c. finely cut green pepper
1/3 c. sliced green onions
3 T. Nance's Mustard
1/2 t. salt
Dash pepper
1/4 c. Old Dutch Mayonnaise
6 medium tomatoes

Combine eggs, celery, green pepper, onions, mustard, salt, and pepper. Add mayonnaise, mix and chill. Turn tomatoes stem end down. Without cutting to bottom, cut down, making 6 slices. Sprinkle cut surfaces with salt. Fill between slices with egg salad. Arrange on crisp salad greens. Garnish with parsley. 6 servings.

Note: To complete a luncheon plate, add potato chips, fruit-cottage cheese salad. Suggested fruits--melon and pineapple. For dessert a cool smooth, lemon sherbet.

COOL LEMON SHERBET

Grated rind 1 lemon
1/3 c. lemon juice
1/2 t. lemon extract
1 1/4 c. sugar
2 c. Genesee Country light cream
Pinch salt

Combine all ingredients. Stir to dissolve sugar. Pour in freezing tray of refrigerator, set control at coldest setting. Freeze until firm, beat with wooden spoon or electric beater until smooth. Return to refrigerator to freeze.

JANE'S BAKED BEANS

(For those who like a sweet, delicious baked bean)

2 pounds navy beans
1/2 pound salt pork
2 onions
Few stalks celery, diced
2 c. light brown sugar
2 t. soda
2 t. salt

Soak beans in water overnight. Drain, cover with water, add 2 t. baking soda and cook 15 minutes. Drain and wash, cover with water, add chopped onions, celery, sugar and salt. Cover and cook until soft. Put in oven, bake covered for 2 to 3 hours at 300 degrees.

July 22, 1958

HOT POTATO SALAD IN FRANKFURTER RING

6 to 8 slices bacon, chopped
1/4 c. chopped onion
1 T. flour
1 T. sugar
1 1/2 t. salt
Dash pepper
1/3 c. vinegar
1/4 c. water
3 T. Old Dutch Salad Dressing
4 c. diced cooked potatoes
3/4 t. salt
1 pound Schrader's Frankfurters
2 hard cooked eggs, sliced
1 T. minced parsley
Paprika

Cook bacon until crisp; add onion and cook until tender but not brown. Blend in flour, sugar, 1 1/2 t. salt and pepper. Add vinegar and water; cook, stirring constantly until thick. Remove from heat and stir in salad dressing. Sprinkle potatoes with salt, pour dressing over and toss lightly. Stand frankfurters, cut in half, around inside edge of 8 x 2" baking dish; fill center with potato salad. To hold franks in place, put part of salad in center first. Bake at 350 degrees for 20 minutes or until hot. Top with egg slices and sprinkle with parsley and paprika. 6 servings.

TOASTED ANGEL CAKE

Bake 1 large package of angel food cake mix in a 16-inch loaf pan or bake 1 small package in a 9-inch loaf pan. Slice cake, brush with melted butter and toast on both sides until golden brown. Serve with a dessert dish of fresh fruit such as raspberries.

July 23, 1958

VEGETABLE BEEF ROLL

1 1/2 pounds ground beef
2 t. dry bread crumbs
1 egg
1/4 c. evaporated milk
1/4 c. minced onion
1 t. salt
Dash pepper
1/2 c. sliced celery
2 T. minced onion
2 T. minced parsley
2 c. diced cooked carrots
1/2 t. salt
2 8 ounce cans tomato sauce

Combine ground beef, bread crumbs, slightly beaten egg, evaporated milk, minced onion, 1 t. salt and pepper. Mix well. Roll out on a piece of waxed paper to form a rectangle. Shake a few dry bread crumbs on meat to keep from sticking to rolling pin. Combine vegetables and the 1/2 t. salt. Spread mixture over meat to within 1 1/2 inch from edges of meat. Lift waxed paper to start rolling meat, then roll as for jelly roll. Pinch edges together to seal. Place in large greased baking pan, pour tomato sauce over all. Bake at 350 degrees for 1 hour.

Tip: A salad dressing that goes fine with July's red ripe tomatoes is easily made in a blender. Combine 1/4 pound crumbled blue or Roquefort cheese, 1/2 pint Dairy Sour Cream and 1 T. vinegar. Add a dash of salt. Blend until smooth. Makes 1 1/2 cups.

SHRIMPETIZERS (By Special Request)

2 eggs
1 c. milk
1 pound large shrimp (uncooked)
1 c. flour
1 1/2 t. garlic salt
36 saltines

Beat eggs, add milk. Clean shrimp and split down the back to butterfly. Dip in flour seasoned with garlic salt. Roll saltines to coarse crumbs. Dip shrimp in crumbs. Fry in hot fat at 350 degrees for 2 or 3 minutes or until golden brown. Serve with a good cocktail sauce. Note: Leave last section of tail of shrimp on.

COCKTAIL SAUCE

2 c. ketchup
2 c. chili sauce
1/4 c. vinegar
5 drops Tabasco
1/3 c. prepared horseradish
1/4 c. finely diced celery
1/4 c. minced onion
1 T. Worcestershire sauce

Combine all ingredients. Chill.

CHOCOLATE ANGEL CAKE DESSERT

(A delicious party dessert, best if made a day in advance. Serve small portions.)

2 c. chocolate bits
2 T. sugar
3 eggs, separated
1 pint Genesee Country Medium Cream
1 small (8 oz.) angel cake

Melt chocolate bits with sugar over hot, not boiling water. Beat egg yolks well, remove chocolate from heat, stir in beaten yolks, first adding a little of the hot chocolate mixture to the yolks, cool 5 minutes. Beat egg whites until stiff but not dry; whip cream. Fold egg whites, then cream into chocolate mixture. Break angel cake into bite size pieces. Sprinkle a layer of cake in bottom of a buttered 8 x 12 inch pan using about half the cake. Cover with a layer of chocolate mixture. Dot this with remaining cake and cover with remaining chocolate mixture. Chill overnight. Serves 12 to 14.

July 24, 1958

STAR MARKET DAY. Shop for Top Values in food.

July 25, 1958

TOWN HOUSE FONDUE

1 c. Bravo Macaroni, uncooked
4 eggs, separated
2 c. milk
1/2 t. salt
20 Town House Crackers, coarsely crushed
1 c. grated sharp cheese
1/2 c. coarsely chopped green pepper
6 T. finely chopped pimiento
2 T. Nance's Mustard
*Mushroom Sauce

Pour milk over crushed crackers and let stand while preparing the rest of the recipe. Cook macaroni according to directions on package. Beat egg yolks, add salt, cheese, soaked crumbs, macaroni, green pepper and pimiento. Beat egg whites until stiff but not dry and gently fold into macaroni mixture. Pour into well buttered baking dish. Bake at 325 degrees for 1 hour. Serve with mushroom sauce. Serves 8. *Quick Mushroom Sauce: Heat undiluted cream of mushroom soup in double boiler, serve hot.

CREAMY LEMON CHIFFON PIE

4 eggs, separated
1 c. sugar
1/2 c. lemon juice
Dash salt
1 t. grated rind
1 T. unflavored gelatin
1/4 c. cold water
1 c. heavy cream, whipped
Baked 9" pie shell
Toasted coconut (optional)

Beat egg yolks until light and fluffy. Gradually beat in 1/2 c. of the sugar. Blend in lemon juice and salt. Cook over hot water, stirring constantly until mixture thickens. Soften gelatin in cold water. Add gelatin to hot custard, add grated lemon rind. Cool until mixture begins to set. Beat egg whites until stiff, beat in remaining 1/2 c. sugar. Beat in egg yolk mixture about 1/4 at a time, beating only until mixture is smooth. Fold in heavy cream. Pour into pastry shell and chill until firm, about 2 hours. Garnish with toasted coconut if desired.

HOW TO MAKE A PERFECT PIE SHELL

1 c. DAISY Pastry Flour
1/2 t. salt
1/3 c. shortening
3 T. cold water

Sift flour and salt. Cut in shortening until it is like coarse meal. Sprinkle water a tablespoonful at a time on flour-shortening mixture. Mix gently with a fork. Use only enough water to make dough stick together. Press dough into a ball and flatten with hand. Roll out on lightly floured pastry cloth to a circle about 1/8 inch thick and 1 1/4 inches larger than inverted pyrex pie plate. Transfer dough to pie plate. Trim dough with scissors, leaving about 1" overhanging the edge of pie plate. Fold dough back and under and make fluted or other desired edge. Baked Pie Shell: Place a second pyrex pie plate of the same size and shape on the unbaked pie shell. The pie crust is held between the 2 pyrex plates during baking. Bake in a hot oven 425 degrees for 16 to 20 minutes or until lightly browned. Remove top pie plate and you have a perfectly shaped pie shell. DO NOT PRICK PIE SHELL BEFORE BAKING. Cool baked shell before filling.

NOTE: Next week I'll be vacationing for a week. I know you'll welcome back and enjoy Lucille Fleming who will take over while I'm away. 'Bye for now. . . . .Trudy.

TRUDY MC NALL'S

Rochester's FIRST Station

WROC-TV CHANNEL 5

A TRANSCONTINENT TELEVISION CORPORATION STATION

ROCHESTER BROADCASTING CENTER

201 HUMBOLDT STREET, ROCHESTER 3, N. Y.

2:30 P.M. HOME COOKING RECIPES, July 28 - August 8, 1958

Lucille Fleming's Recipes, July 28 - Aug. 1, 1958

July 28, 1958

VEAL BIRDS

1 1/2 lb. veal, sliced from the round, 1/3 inch thick
1 T. chopped onion
1 T. chopped celery
2 T. butter
1 c. soft bread crumbs
1 T. minced parsley
1/2 t. salt
1/2 t. paprika
1/2 t. thyme
1 1/2 c. commercial sour cream
4 T. fat

Saute the celery and onion in butter until soft. Stir in bread crumbs, parsley, salt, thyme and paprika. Cut veal steak into 3 inch squares, spread with a thin layer of the filling. Roll up the veal, tie with string and dip in flour. Saute the veal rolls in the fat until brown on all sides. Add sour cream, cover the skillet tightly and simmer for approximately 30 minutes. Sprinkle with additional chopped parsley and serve with currant jelly or cranberry jelly.

SOUTHERN SUCCOTASH

3 medium tomatoes
1 c. sliced okra
1 t. salt
Dash pepper
2 T. minced celery
1 c. lima beans, fresh or frozen
Chicken stock
1 c. fresh corn, cut off cob
2 T. butter

Peel, seed and coarsely chop the tomatoes, add the okra, seasonings, and celery. Simmer these vegetables in covered pan for 5 minutes. Add lima beans and simmer 15 additional minutes. Add chicken stock for any necessary liquid. Add fresh corn and simmer about 8 more minutes. Add butter and correct the seasoning, if necessary.

MILDRED'S FILLING FOR WHITE CAKE

1 c. sour cream
3 egg yolks
7/8 c. sugar
1 c. cooked raisins
1/2 c. chopped nuts

Mix sour cream, egg yolks and sugar. Cook, very carefully, over hot water until thick. Add raisins and nuts. Use as filling between white cake layers and frost with 7-minute icing.

CINNAMON CRISP MUFFINS

1 c. finely rolled cinnamon crisp crackers
1/3 c. raisins
3/4 c. milk
1/2 c. flour
2 t. baking powder
1/2 t. salt
1 egg
1 T. melted butter

Soak the cinnamon crisp crumbs and raisins in the milk while assembling the remainder of the ingredients. Mix together the flour, baking powder and salt. Add to the soaked cracker crumbs. Beat egg and melted butter together and stir into first mixture until just blended. Fill greased muffin tins 2/3 full. Bake at 400 degrees for approximately 20 minutes. While still hot, dip muffin tops in melted butter and then in cinnamon sugar mixture. Serve hot. Makes 10 muffins. Note: Melt 4 T. butter for dipping tops and blend 1/4 c. sugar with 1/2 t. cinnamon.

July 29, 1958

STUFFED BAKED POTATOES

6 large Idaho potatoes
2 eggs, beaten
1/2 c. chopped, cooked mushrooms
1 t. chopped chives
1 c. grated cheese
3 T. top milk or cream
Salt and pepper
Parmesan cheese
Butter

Bake the potatoes. When tender, slice off tops, scoop out pulp, keeping the shells intact. Press pulp through sieve or food mill and beat in the beaten eggs, add mushrooms, chives, cream, cheese and season with salt and pepper. Stuff the potato shells with this mixture and sprinkle with grated Parmesan and dot with butter. Return potatoes to 425 degree oven until heated through and nicely browned. Serve with large platter of assorted SCHRADER COLD CUTS.

CHERRY ALASKA

1 lb. sweet black cherries (fresh)
4 egg whites
3/4 c. confectioners sugar
1 qt. vanilla ice cream
1 thin layer (square) white or yellow cake

Pit and cut in half the cherries and sprinkle lightly with granulated sugar. Chill. Beat egg whites until stiff and gradually fold in conf. sugar. Cover a bread board with white paper and place thin cake layer. Cover cake base with about half of the cherries. Arrange 1 qt. ice cream on the cake so cake extends 1/2 to 1 inch beyond the ice cream. Trim cake to fit. (Note: I like to use a 1/2 gal. size of ice cream and cut it in half lengthwise in order to get a better shaped "Alaska.") Cover entire surface of ice cream and edge of cake with meringue. Dust with very fine granulated sugar and set in 450 degree oven just enough to brown delicately. Slip onto a chilled platter and surround with rest of cherries and sprigs of mint. Serve immediately.

CHEESE RYE BREAD

1 3/4 c. water
1/2 c. cornmeal
2 t. salt
1/2 c. molasses
2 T. butter
1 pkg. granulated yeast
1/2 c. warm water
2 c. rye flour
2 1/2 c. all purpose flour
1# American cheese, cut in 1/2 or 1/4 in. cubes

Combine water, cornmeal and salt. Bring to a boil, stirring constantly and cook until slightly thickened. Stir in molasses and butter. Cool to lukewarm. Soften yeast in warm water. Blend in cooled cornmeal mixture. Gradually add flour to form stiff dough. Knead until smooth. Let rise until light, about 1 1/2 hours. Line 2 eight-inch round pans with squares of foil; grease well. Place dough on surface sprinkled with cornmeal and work cheese into dough, until cubes are evenly divided. Shape into 2 round loaves, covering cheese cubes. Let rise until light (about 1 hour). Bake at 350 degrees for approximately 50 minutes.

July 30, 1958

STUFFED FRESH HAM SLICES

2 fresh-ham steaks, 1 inch thick
1 can (2 cups) whole kernel corn, drained
1 c. soft bread crumbs
1/4 c. chopped green pepper
1/4 c. chopped onion
2 T. chopped pimiento
1 T. NANCE'S Mustard
1 1/2 t. salt
Dash of pepper

Brown meat slowly in a little hot fat. Combine remaining ingredients for stuffing. Place one ham steak in a shallow baking dish, spread with corn stuffing; cover with other steak. Bake at 325 degrees for about 1 1/2 hours. Makes 4 to 6 servings.

SOUR CREAM CUCUMBERS

1/2 t. salt
2 1/2 t. sugar
2 T. cider vinegar
1 c. sour cream
2 T. chopped chives
2 T. chopped fresh dill
1 t. celery seed
3 fresh cucumbers

Dissolve salt and sugar in vinegar. Add cream. Add chives and dill and cucumbers. Chill 1 hour.

HOT COLESLAW

4 slices bacon
1/4 c. vinegar
1 T. brown sugar
1 t. salt
1 T. finely chopped onion
4 c. shredded cabbage
1/2 c. chopped parsley

Cook bacon until crisp; remove from skillet and crumble. Add vinegar, sugar, salt and onion to fat in skillet. Add crumbled bacon. Heat thoroughly. Take from range and toss in cabbage and parsley. 6 servings.

CHEESE SURPRISE BURGERS

1 lb. ground beef
1/4 c. Nance's Mustard
1/4 c. water
2 T. chopped onion
1 t. salt
1/4 t. pepper
4 slices sharp cheese
Liquid Smoke

Combine meat, mustard, water, onion and seasonings. Form into 8 patties. Trim cheese to fit patties, place one slice on each of 4 patties. Cover with remaining patties and seal edges well. Brush each side lightly with liquid smoke. Broil. Makes 4 servings.

July 31, 1958

STAR MARKET DAY

August 1, 1958

STUFFED MACARONI SHELLS

1 lb. ricotta cheese
2 T. grated Parmesan cheese
1/2 t. salt
1 egg, beaten
1 lb. BRAVO shell macaroni (largest size)
2 cups tomato sauce
1/3 c. melted butter

Cook macaroni in salted boiling water until tender. Drain and cool. Mix ricotta and Parmesan cheese with salt and egg. Stuff macaroni shells with this mixture. Arrange stuffed shells in baking dish, pour over them tomato sauce and melted butter. Sprinkle generously with additional Parmesan cheese. Bake at 350 degrees for 20 minutes.

TOMATO SAUCE

2 onions, chopped
1 clove garlic, minced
4 tablespoons olive oil
2 cups tomato sauce
1/2 t. sweet basil
1/2 t. sugar
Salt and pepper

Saute onions and garlic in olive oil. Add remaining ingredients and simmer about 1 hour.

SUMMER FRUIT SALAD

Peel a large, ripe honeydew melon and slash it vertically into 6 sections so that it opens wide, but is still intact at the base. Place on large serving platter lined with leaf lettuce. Encircle it with overlapping slices of fresh peaches. Fill the melon with pitted black cherries, orange sections, cantaloupe balls, pineapple cubes. Chill well. Pass a bowl of sweet French dressing.

CELERY VICTOR

2 celery hearts, cut lengthwise in quarters
2 to 3 c. chicken consomme
1 t. salt
1/4 t. paprika
Dash pepper
1 T. tarragon vinegar
2 T. cider vinegar
6 T. olive oil
1 T. chopped green pepper
1 T. chopped dill pickle
1 t. finely chopped parsley
1 t. finely chopped chives or onion

Cook celery in consomme until tender, about 30 minutes. Drain and place in shallow dish. Combine remaining ingredients, pour over celery and chill at least 3 hours. Serve on lettuce with tomato wedges and parsley. Top with anchovy fillet. 4 to 6 servings. Note: This same Vinaigrette Sauce is delicious on asparagus--either hot or cold--also on fish.

Home Cooking Recipes, August 4 - 8, 1958
Featuring a Week of Summer Favorites

August 4, 1958

MENU: Perfect Fried Chicken, Potato Salad, Deviled Eggs, Twisty Rolls, Ice Cream Tarts.

PERFECT FRIED CHICKEN

3/4 c. flour
1 T. salt
1 T. paprika
Dash pepper
1--2 1/2 to 3 pound frying chicken
Fat

Combine flour and seasonings in paper bag. Add chicken, cut up, a few pieces at a time and coat well. Place on rack to let coating dry. This helps insure a crisp crust, try to work as much flour into chicken as possible. Heat fat in heavy skillet, (about 1/4 inch deep) till it will sizzle a drop of water. Brown meat well, do not crowd skillet, use 2 skillets if necessary when frying for a crowd. When lightly browned cover tightly and cook until tender for about 40 minutes, uncover last 10 minutes to crisp. 4 servings.

Note: For Potato Salad and Deviled Egg recipes check Home Cooking Recipes for July 2, 1958.

TWISTY ROLLS

2 packages active dry or 2 cakes compressed yeast
1/4 c. water
3/4 c. milk, scalded
1/2 c. sugar
1/2 c. shortening
1 t. salt
4 1/2 to 5 c. flour
3 eggs, beaten
*Egg Glaze

Soften active dry yeast in warm water or compressed yeast in lukewarm water. Combine hot milk, sugar, shortening and salt. Cool until lukewarm; stir in about 2 cups of the flour and beat well, add eggs and mix well. Stir in softened yeast. Add rest of flour to make a soft dough. Cover, let rest 10 minutes, place on lightly floured surface and knead for about 5 minutes or until smooth and elastic. Place in buttered bowl, grease top of dough. Cover and let rise until double in bulk, about 2 hours. Punch down, let rest 10 minutes. Turn out on lightly floured surface, roll out into a rectangle about 16 x 12 inches. Cut in small rectangles 3 x 2 inches. Cut each rectangle lengthwise into thirds without cutting quite through to the end. Braid the strips together, then turn under the ends and edges, rounding roll. Place about 2 inches apart on greased baking sheet, cover and let rise until almost double, about 1 hour. Brush with egg glaze and bake at 400 degrees for 10 to 12 minutes. Makes 2 1/2 dozen. Egg Glaze: Beat together 1 egg and 1 T. water.

ICE CREAM TARTS

Plain pastry
Heavy Duty Aluminum Foil
1 c. semisweet chocolate bits
1 quart peppermint ice cream
Semisweet chocolate curls

Use pastry recipe based on 1 1/2 c. flour. Roll out as for pie crust, cut aluminum foil into 8 five-inch circles. Cut pie crust into five-inch circles. Lightly press each pastry circle atop a foil circle. Holding pastry and foil together, shape in tarts by fluting edges. Place on cooky sheet and bake in a hot oven at 450 degrees for 10 minutes or until done. Cool. Remove foil. Melt chocolate bits and spread each tart with melted chocolate. Cool, just before serving fill with a scoop of peppermint ice cream and trim with semisweet chocolate curls.

August 5, 1958

FOR A COOL SUPPER: Turn to SCHRADER'S table-ready meats for a wonderful sandwich tray assortment. Arrangement is the key to a pretty platter. Arrange meats on a large platter, place a bowl of pickles and olives in center. Garnish platter with parsley and radish roses.

MENU: Cold Cuts, Assorted Breads, Potato Chips, Corn on Cob, Hot Egg Salad in Tomatoes, Fresh Fruit in Season.

HOT EGG SALAD IN TOMATOES

6 large tomatoes
8 hard-cooked eggs, chopped
1/4 c. minced celery
2 T. minced green pepper
1 T. minced onion
1 t. salt
1/4 c. lemon juice
1 T. Nance's mustard
1/4 c. Old Dutch Mayonnaise
Dash cayenne
1/3 c. soft bread crumbs
1 T. melted butter

Cut stem end from tomatoes and scoop out pulp. Turn upside down to drain. Combine remaining ingredients except bread crumbs and butter. Fill tomatoes with egg mixture. Toss crumbs in butter, sprinkle over tops. Place tomatoes in 10 x 6 x 1 1/2 inch baking dish. Bake in very hot oven at 450 degrees for 10 minutes. 6 servings.

KETTLE COOKED CORN

Cook corn in covered kettle with small amount of salted water. Let corn simmer for 6 to 8 minutes.

August 6, 1958

SUPPER UNDER THE TREES: Deviled Hamburgers, Zucchini Parmesan, Cole Slaw, Peaches 'n Cream Pie.

DEVILED HAMBURGERS

1 pound ground beef
1/3 c. ketchup
1 T. Worcestershire sauce
1 T. Nance's mustard
1 t. minced onion
3/4 t. salt
Dash pepper
4 hamburger buns
Melted butter

Combine all ingredients except buns and butter. Cut buns in half, spread with meat mixture. Place under broiler about 6 inches from heat. Brush with melted butter. Broil about 10 minutes.

ZUCCHINI PARMESAN

4 c. thinly sliced zucchini
1 small onion, sliced
1 T. water
2 T. butter
1 t. salt
Dash pepper
3 T. grated Parmesan cheese

Put all ingredients except cheese in skillet. Cover and cook 1 minute, uncover and cook, turning with wide spatula until barely tender, about 5 minutes. Sprinkle with cheese, toss and serve. 6 to 8 servings.

COLE SLAW

Slice or shred cabbage thinly. Add salt, pepper, minced onion, celery seed and salt to taste to Dairy Sour Cream for a delicious dressing.

PEACHES 'N CREAM PIE

1 package orange jello
1 c. hot water
1/2 c. cold water
1 pint vanilla ice cream
1/8 t. almond extract
2 c. fresh sweetened sliced peaches
1 9-inch baked pastry shell
Whipped cream
Additional peaches, maraschino cherries

Dissolve gelatin in hot water, add cold water. Cut ice cream into 6 pieces; add to hot liquid and stir until melted, add almond. Chill until mixture begins to thicken and will mound from a spoon. Fold in peaches, pour into cooled pie shell. Spread with whipped cream, garnish with sliced peaches and maraschino cherries.

August 7, 1958

STAR MARKET DAY

August 8, 1958

BAKED MACARONI WITH TUNA FISH

8 ounces Bravo shell macaroni or elbow
4 T. butter
3 T. flour
1 1/2 t. salt
Dash pepper
1 T. Nance's mustard
1/2 t. paprika
2 1/2 c. milk
1 c. (1/4 pound) grated cheese
1 c. tuna fish
Buttered crumbs

Cook macaroni as directed on package, rinse and drain. Set aside. Melt butter, stir in flour and seasonings, add milk and cook stirring constantly until thick and smooth. Add cheese and tuna fish. Add macaroni. Pour into greased 2 quart baking dish, top with buttered crumbs. Bake at 375 degrees for 20 to 30 minutes or until bubbly and brown.

SLICED TOMATOES WITH ROQUEFORT DRESSING

3/4 c. salad oil
1/4 c. vinegar
1/4 c. ketchup
1 t. salt
1 t. sugar
1 t. dry mustard
1 t. paprika
1/2 small onion
3 ounces Roquefort cheese

Combine all ingredients in glass container of electric blendor. Cover and run blendor for 30 seconds.

SPECIAL SPONGE CAKE

"A true sponge cake--just right to serve with summer fruits."

6 eggs, separated
1 c. sugar
1 c. flour
1/4 c. cold water
1 t. lemon extract
1 t. grated lemon rind
1/2 t. cream of tartar
1/2 t. salt

Beat egg yolks until thick, about 5 minutes, gradually beat in sugar, combine cold water with lemon extract and rind, add alternately to egg yolks with flour. In a large bowl beat egg whites until frothy, add salt and cream of tartar and beat until stiff, fold into yolk mixture carefully. Pour into ungreased 10" tube pan, bake at 325 degrees for 60 to 65 minutes. Invert to cool. Sponge cakes are delicious unfrosted. If frosting is desired, use a thin butter frosting.

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2:30 P.M. HOME COOKING RECIPES, August 11 - 22, 1958

August 11, 1958

BLUEBERRY CREAM PIE

1 package vanilla pudding	2 c. fresh blueberries
1 1/2 c. milk	1 T. cornstarch
1/2 c. heavy cream, whipped	1/4 c. sugar
8-inch baked pie shell	1 T. lemon juice
	Dash salt

Prepare pudding according to directions on package but use just 1 1/2 c. milk. When cooked and cool, fold in the heavy cream whipped and pour into baked pie shell; refrigerate until filling is firm. Place 3/4 c. of the blueberries in a small saucepan, combine cornstarch and sugar, stir into the berries, add lemon juice. Cook over low heat, mashing the berries. Stir until mixture is thick and clear. Add remaining berries and cool slightly. Spoon cool berry mixture over filling and return to refrigerator to chill. If desired, top with unsweetened whipped cream.

BUSY DAY BARBECUE

3/4 c. chopped onion	1 T. vinegar
2 T. shortening	1/2 t. salt
1 c. ketchup	1 12 oz. can luncheon meat, cut in thin strips
3 T. sugar	2/3 c. minute rice
1/4 c. Worcestershire sauce	

Saute onion in shortening until tender. Add ketchup, sugar, Worcestershire sauce, vinegar and salt. Add meat and heat to boiling. Cook rice according to directions on package. Spoon rice around edge of large platter; arrange barbecued meat in center. Serves 3.

Note: Complete your meal with a tossed salad. For a delicious salad dressing combine 2/3 c. salad oil, 1/3 c. vinegar, 1 T. Nance's Mustard Supreme, 2 T. sugar, 3 T. ketchup, 3/4 t. salt. Shake well before using.

August 12, 1958

BAKED STUFFED BROILERS

Season halved chickens with salt and pepper. Fill cavities with favorite dressing and tie 2 together. Place in an open roasting pan. Place a slice of onion and lemon and pour a little melted butter over each chicken. Bake in a hot oven at 400 degrees until tender, basting frequently with juices from pan or a little butter. Bake 1 to 1 1/4 hours.

FAVORITE DRESSING

1/2 c. butter	4 c. stale bread crumbs
1/4 c. chopped onion	1 t. salt
1/2 t. poultry seasoning	

Saute onion in butter, add remaining ingredients. This makes a dry stuffing. If you wish a more moist dressing add a little water. Makes enough dressing for 2 broilers or 4 halves, serving 4 people.

POUND CAKE

3/4 c. butter	3 eggs
3/4 c. sugar	1 1/3 c. flour
1/2 t. vanilla	1/2 t. salt
1/2 t. mace	1 t. baking powder

Cream butter and sugar thoroughly. Add vanilla and mace. Add eggs one at a time beating well after each addition. Sift flour, salt and baking powder. Add to creamed mixture and blend well. Turn into a greased loaf pan 9 x 5 inches and bake at 350 degrees 50 to 60 minutes or until done. Let cool in pan. When cold, store in airtight container. Pound cakes are particularly good with fruit and are seldom frosted.

Note: To complete menu: Baked Broilers, New Potatoes and Peas, Lettuce and Tomato Salad, Lemon Sherbet on Fresh or Canned Pineapple Slices and Pound Cake.

August 13, 1958

BEEF AND TOMATO LOAF

2 pounds ground beef	2 t. salt
1/3 c. milk	Dash pepper
1 1/2 c. soft bread crumbs	1 T. Nance's mustard
1 medium onion, chopped	1 T. Worcestershire sauce
1/4 c. chopped green pepper	2 eggs, beaten
	3 firm, medium sized tomatoes, cut in 1-inch pieces

Pour milk over bread crumbs. Add ground beef, onion, salt, pepper, mustard, Worcestershire sauce and eggs. Mix well. Add tomato pieces and mix lightly. Pack in a 5 x 9 inch loaf pan. Bake in a slow oven 300 degrees F. for 1 1/2 to 1 3/4 hours. 8 servings.

QUICK CHOCOLATE COCONUT MACAROONS

2 squares unsweetened chocolate	2 c. shredded coconut
1 1/3 c. sweetened condensed milk	1/4 t. salt
	1 t. vanilla

Melt chocolate over low heat or hot water, add remaining ingredients. Drop by teaspoonfuls 2 or 3 inches apart onto a lightly greased baking sheet. Bake at 350 degrees for 15 minutes. Makes about 3 dozen.

PEACH SHERBET

3/4 c. sugar	3 T. lemon juice
2 c. water	2 egg whites
2 c. fresh, crushed sweetened peaches	1/4 c. sugar
1--6 ounce can frozen orange juice concentrate	1 c. heavy cream, whipped

Combine 3/4 c. sugar and the water; bring to a boil 5 minutes. Remove from heat, add peaches, concentrate and lemon juice. Pour into refrigerator tray and partially freeze; beat smooth with rotary beater or electric mixer. Beat egg whites until soft peaks are formed, add sugar and beat until stiff peaks are formed, fold egg whites and cream into frozen mixture. Freeze firm. Makes 10 to 12 servings.

Menu Suggestion: Beef and Tomato Loaf, Baked Potatoes, Corn on Cob, Garden Relishes, Peach Sherbet and Chocolate Macaroons.

August 14, 1958

Shop STAR MARKETS today for Top Values in Food. Don't forget to ask for Menu of the Week, based on some of these specials, and be sure to get your TV Stamps.

August 15, 1958

A SPECIAL "SHAKE AND DOG" BIRTHDAY PARTY

Today's party is especially planned for the small fry 7 and 8 year olds. Held out of doors, this children's party is easy on the hostess because it eliminates a messy house that sometimes goes with an indoor birthday celebration. Today our guests are neighborhood friends from Erie Station Road in West Henrietta, N.Y.

Menu: Picnic Hot Dogs, Relish Pails, Birthday Cake, Milk Shakes. Extras: Balloons, paper plates, cups, napkins, straws, and plenty of damp wash cloths (in plastic bag for wiping sticky hands and faces).

PICNIC HOT DOGS

Place SCHRADER'S FRANKFURTERS in a large mouthed vacuum-type jug. Pour enough boiling water to cover, seal. The "dogs" are hot and ready to eat when you want them, and you don't need to bother with a fire. Have buttered rolls, and serve NANCE'S mustard from the handy pour bottle, and pickle relish.

RELISH PAILS

Have a small paper container with a wire handle for each guest. Write his or her name on each container with a crayon. Fill these with foil-wrapped pickles, carrot and celery sticks, potato chips. Put potato chips into small sandwich bag.

MILK SHAKES

If you are traveling to a park for the picnic have the ice cream for the shakes packed in dry ice. Have some chocolate flavored mix for the milk shakes (chocolate rates as the favorite by far). Have several plastic containers with tight covers for shaking. The children will want to help. In addition to shaking up ice cream with the milk you may wish to float a small scoop on top. Serve with straws.

INDIVIDUAL BIRTHDAY CAKES

Bake cup cakes, frost as desired and write each child's name on a cake. Top with a birthday candle.

August 18, 1958

HAMBURGER BAKE

8 slices bread
1 T. butter
1/2 pound ground beef
1/4 c. chopped onion
2 T. finely chopped celery
1/2 t. salt
1/2 t. seasoning salt
1 T. NANCE'S mustard
1 c. shredded American cheese
2 eggs, slightly beaten
1 c. milk

Spread 4 slices of bread with butter. Toast on one side while preparing filling. Brown beef with onion and celery in small amount of butter. Blend in seasonings and mustard. Arrange the 4 slices toasted bread, toast side up, in a buttered 8" square pan. Spread with beef mixture. Sprinkle with cheese. Top with remaining bread slices. Mix together egg and milk; pour over bread. Bake at 375 degrees about 40 minutes.

"A PEACHY PIE"

Plain pastry based on 2 c. flour
3/4 c. sugar
3 T. flour
1/4 t. cinnamon
5 cups sliced fresh peaches
Few drops almond extract
2 T. butter

Make pastry based on 2 c. flour. Combine sugar, flour and cinnamon. Add to sliced peaches and toss lightly. Spread peaches evenly in pastry-lined 9 inch pie plate. Sprinkle with the almond extract and dot with butter. Put on a lattice crust 5 strips going each way. Cut strips about 3/4 inch wide with pastry wheel or knife. Bake in a hot oven 450 degrees about 45 minutes. Serve warm if desired. Pass a pitcher of cream or serve with a snowy peak of whipped cream.

August 19, 1958

HOT DOG RODEO LOAF

(From Better Homes and Gardens, July 1958)

Looks all in one, but there's a separate frank-filled sandwich for each of your "buckaroos."

1/4 c. chopped onion
2 T. butter
1/2 c. chili sauce
2 T. vinegar
1 T. Worcestershire sauce
1 T. Nance's mustard
2 t. brown sugar
1/2 t. celery salt
1 loaf French bread, about 16-18 inches long
1 1/4 c. shredded, sharp American cheese
10 SCHRADER'S frankfurters, cut in half crosswise

Cook onion in butter till tender but not brown. Add chili sauce and seasonings, simmer about 10 minutes or till sauce is thick. Here's the idea for cutting the bread: Slices will be 3/4 inch wide and cut crosswise of the loaf. Cut first slice, going almost to bottom crust, cut second slice all the way through. Continue in same manner the length of the loaf. Between the attached slices spread the sauce, sprinkle in half of cheese, and insert 2 frankfurter halves, letting ends poke out and up at jaunty angle. Hide cut ends of franks with remaining cheese. With long skewer, fasten sandwiches together in a loaf and wrap in aluminum foil. Heat in hot oven 425 degrees for 25 minutes or until piping hot. (Or heat on grill over charcoal.) Open foil; sprinkle with additional cheese if desired. Remove skewer. Serve hot. Makes 10 servings.

Serve with tomato wedges, potato chips, Lemon Dessert Chiller.

LEMON DESSERT CHILLER

3 egg yolks
1/2 c. sugar
1/4 t. salt
1 t. grated lemon peel
3 T. lemon juice
3 egg whites
1/3 c. sugar
1 6 ounce can evaporated milk, chilled icy cold and whipped or 1 c. heavy cream, whipped
Vanilla wafers

In top of double boiler, beat yolks till thick and lemon-colored. Beat in 1/2 c. sugar gradually, add salt, peel and juice. Cook and stir over hot water till thick. Cool thoroughly. Beat whites until soft peaks are formed. Gradually beat in the 1/3 c. sugar and continue beating until soft peaks are formed. Fold lemon mixture into whites. Fold in whipped milk or cream. Line bottom and sides of 10 x 6 x 1 1/2 inch baking dish with whole wafers. Pour in lemon mixture and freeze firm. Cut in 8 or 10 squares.

August 20, 1958

STRAWBERRY ICE CREAM MERINGUES

(Now this glamorous dessert is absolutely foolproof.) Mix according to directions on package. Use 1/2 cup meringue for each individual shell. Bake according to the package directions. Fill the cooled shells with strawberry ice cream, top with sliced sweetened frozen berries. Note: Meringue shells freeze very well.

FOILED BAKED CHICKEN SUPREME

6 chicken breasts
1 1/2 t. salt
Dash pepper
1 T. minced onion
2 T. minced parsley
1 clove garlic, minced
Dash thyme
1 can condensed cream of mushroom or chicken soup

Sprinkle chicken with salt and pepper; combine remaining ingredients; spread on surface and in cavity of chicken breasts. Place each piece of chicken on square of aluminum foil; bring edges together and seal with drugstore wrap; folding corners under; place on cooky sheet. Bake in a very hot oven 450 degrees 20 to 25 minutes; turn package over and bake 20 minutes longer or until tender. Serve in foil. 6 servings. To cook on grill: Prepare as above. Cook over coals till tender; turning package once.

COOL-AS-A-CUCUMBER SALAD

1 package lime-flavored gelatin
3/4 c. hot water
1/4 c. lemon juice
1 T. minced onion
1 c. Dairy Sour Cream
1 cup chopped unpared cucumber

Dissolve gelatin in hot water. Add juice and onion. Chill until mixture begins to set. Stir in sour cream and cucumber. Pour into 6 individual molds and chill until firm.

Menu: Foiled Baked Chicken Supreme, Cool-as-a-Cucumber Salad, Buttered Green Beans, Potato Sticks, Strawberry Ice Cream Meringues.

August 21, 1958 STAR MARKET DAY

August 22, 1958

Outdoor Cooking Today if the Weather is Sunny.
Menu: Sizzling Ham Slices, Hot German Potato Salad, Chilled Tomatoes with Special Roquefort Dressing, Fruited Jello in Paper Cups, Hot Coffee.

SIZZLING HAM SLICES

Select ham slices at least 3/4 inch thick. Score edge 1/4 inch deep to keep slice from cupping while grilling. Broil over coals about 5 minutes on each side.

HOT GERMAN POTATO SALAD

6 potatoes
1/3 c. vinegar
2 t. salt
1/4 t. pepper
1 pound bacon, chopped
6 eggs
3/4 c. chopped green onions and tops or 1/2 c. chopped onion

Cook potatoes in boiling salted water until tender. Peel and dice. Add vinegar and seasonings. Fry bacon until crisp. Cook eggs 4 minutes. Combine potatoes, drained chopped bacon, 2 T. bacon fat, soft cooked eggs, and chopped onion. Mix well. Serve hot on a bed of lettuce. Sprinkle with chopped parsley and paprika.

ROQUEFORT CREAM DRESSING

(The fresh onion flavor is one of the praiseworthy features of this delicious dressing.) Electric blendor makes a smooth, creamy dressing.

1/2 c. evaporated milk
1 bunch green onions, plus all tops
1/2 c. olive or salad oil
3 to 6 oz. Roquefort cheese, crumbled
8 oz. cream cheese, cut in quarters
1/2 t. salt
4 T. Dairy Sour Cream

Put evaporated milk in blendor. Cut up onions and tops into fairly small pieces and add them to milk. Turn on blendor until onions are pulverized (about 20 seconds). Add remaining ingredients one at a time, turning off blendor each time you add, then turning it on long enough to blend the ingredients. Cheeses should be at room temperature, add 3 to 6 ounces Roquefort or blue cheese depending upon your taste. This dressing keeps well in the refrigerator. Serves 8 to 10.

FRUITED JELLO IN PAPER CUPS

1 package flavored gelatin
1 c. boiling water
1 No. 2 1/2 can fruit cocktail
2 bananas, diced
Paper cups with lids, if possible

Dissolve gelatin in boiling water. Let stand until cool. Add 1 c. of juice from can of fruit cocktail to gelatin and stir. Add fruit cocktail and bananas. Pour into paper cups and chill until firm. Serves 6 to 8.

Hot Rolls from the Grill: Butter the bread indoors, then warm on grill outside, heat in foil to keep moist.

TRUDY MC NALL'S

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2:30 P.M.

HOME COOKING RECIPES, August 25 - 29, 1958
SPECIAL FROSTING ISSUE

August 25, 1958

A DAIRY FOODS DEMONSTRATION: Home Cooking presents Elaine and Linda Broadbent demonstrating "Dairy Foods in Your Daily Diet." Elaine and Linda are blue ribbon winners in County and District Competitions and will compete at State Fair for State honors.

MENU: Meat-Za-Pie, Blushing Pear Salad, Coconut Cream Crunch, Milk.

MEAT-ZA-PIE

1 pound ground beef	1--8 oz. can tomato sauce
1/8 t. garlic powder	1/4 pound American cheese
1/3 c. fine bread crumbs	2 T. grated Parmesan cheese
1/2 c. milk	1/4 t. oregano

Combine in a 9 inch pie plate the beef, garlic powder, bread crumbs and milk. Using a fork spread over the bottom and up the sides to form a rim. Spread sauce over the meat mixture. Slice cheese in strips and arrange over sauce in a criss-cross pattern. Mix Parmesan cheese and oregano and sprinkle over top. Bake in a 400 degree oven for 25 minutes. Cut in wedges and serve hot.

BLUSHING PEAR SALAD

1--3 oz. package cream cheese	1/2 t. grated lemon rind
1 T. pear syrup	8 pear halves, drained
	Citron
	Lettuce

Cream the softened cream cheese with the pear syrup and lemon rind. Fill 4 pear halves with the mixture. Press the other 4 pear halves to the filled ones to form a whole pear. Put piece of citron on top to form a stem. Serve on lettuce leaf. A dressing made of 1/2 c. mayonnaise and 3 T. pear syrup can be served with this salad.

COCONUT CREAM CRUNCH

Filling:

1/2 c. sugar	1/4 c. lemon juice
2 1/2 T. cornstarch	1 t. grated lemon rind
1/4 t. salt	1 T. butter
1 1/3 c. milk	1/2 t. vanilla
1 egg	

Combine sugar, cornstarch and salt. Stir in milk. Cook until thick, stirring constantly. Mix slightly beaten egg and lemon juice, stir in a little of the hot mixture, return to pan. Cook over low heat, stirring constantly for about 2 minutes. Add lemon rind, butter and vanilla.

Crust:

1 1/4 c. shredded coconut	1/2 c. sugar
3/4 c. graham cracker crumbs	1/2 c. butter (soft)
	1/2 c. flour

Combine all ingredients. Place half in bottom of a 9 inch square baking pan. Pour filling on top. Spread remaining crust mixture on top of filling. Bake in a 400 degree oven for 25 minutes. Chill. Cut in squares to serve. Note: Dessert may also be served warm.

August 26, 1958

BAKED CHICKEN AND CORN CASSEROLE

4 T. butter	1 1/2 c. cooked corn
4 T. flour	2 c. diced cooked chicken
2 c. chicken stock	1 c. soft bread crumbs
Salt and pepper	4 T. melted butter

Melt 4 T. butter and flour and blend well. Gradually stir in chicken stock and cook stirring constantly until thick and smooth. Taste for seasoning and add salt and pepper if necessary. Put half the corn in a buttered casserole, cover with half the chicken. Pour over half the sauce. Repeat the layers. Combine bread crumbs and melted butter, place on top of casserole. Bake at 350 degrees for 30 minutes or until bubbly and brown. Serves 4.

RUBY SALAD MOLDS

1 package raspberry jello	1/2 c. diced celery
1 c. cranberry juice	1/2 c. chopped walnuts
1 c. boiling water	Salad greens
1 c. pineapple tidbits	Mayonnaise (optional)

Dissolve raspberry jello in boiling water, add cranberry juice, when mixture begins to thicken, add pineapple, celery and walnuts. Pour into individual molds. Chill until firm. Unmold on salad greens, serve with mayonnaise if desired. Makes 6 to 8 molds.

PEACH MELBA

Poach fresh peeled peaches for about 10 minutes in a simple syrup made of 2 parts sugar and 1 part water and several drops almond extract. Drain and chill well. Place a scoop of vanilla ice cream on dessert plate, top with half a peach, spoon melba sauce over peach and top with a few toasted slivered almonds.

MELBA SAUCE

1 c. frozen raspberries and juice, defrosted	2 t. cornstarch
1 t. sugar	1/2 c. currant jelly

Combine all ingredients and cook until thickened, stirring constantly. Chill. Note: Slivered almonds can be purchased in small tins.

August 27, 1958

HAMBURGERS WITH MUSHROOM SAUCE

1 1/2 pounds ground beef	1/4 t. pepper
2 t. salt	2 T. cream
1 t. seasoning salt	*Mushroom Sauce

Combine beef, seasonings and cream. Shape into 6 patties. Brown in skillet with small amount of butter about 6 minutes on each side for patties 1 inch thick. Patties may be broiled indoors or over charcoal if desired.

*MUSHROOM SAUCE

6 T. butter	1/4 c. light cream
1 pound mushrooms, sliced	1/4 t. paprika
4 T. flour	1 t. chopped parsley
2 c. chicken stock	Salt to taste

Saute mushrooms in butter for about 5 minutes. Stir in flour, add chicken stock gradually and cook, stirring constantly until thick and smooth. Add cream and remaining ingredients. Let sauce simmer for 5 minutes before pouring over hamburgers. Note: This sauce is delicious served over toast for a main dish.

CORNSTARCH PUDDING OR BLANCMANGE

By Request

3 T. cornstarch	1/4 c. cold milk
1/3 c. sugar	2 c. scalded milk
1/4 t. salt	1 t. vanilla

Mix cornstarch, sugar and salt. Add cold milk and stir until smooth. Add to scalded milk. Cook 15 minutes in double boiler, stirring constantly until mixture thickens. Stir occasionally after mixture thickens. Add flavoring. Chill. Serves 4.

VARIATIONS: CHOCOLATE PUDDING--Add 2 squares chocolate to scalded milk. Beat until smooth. BUTTERSCOTCH--Omit white sugar. Melt 1 T. butter, add 1 c. brown sugar, cook for several minutes, stirring constantly. Add to hot scalded milk and stir until blended. Mix cornstarch with cold milk and proceed as above.

COOKIE OF THE WEEK. . . "BACHELOR BUTTONS"

3/4 c. shortening (part butter)	1/4 t. ginger
1 c. light brown sugar	1/2 t. cinnamon
1 egg	1/4 t. salt
2 c. flour	1 t. vanilla
1 t. soda	1 c. chopped nuts
	Granulated sugar

Cream shortening and sugar, add egg and beat until smooth and creamy. Sift dry ingredients, add to first mixture. Stir in vanilla and nuts. Chill dough if possible. Make into small balls; dip in granulated sugar; place on ungreased cookie sheet. Press down with a fork. Bake at 375 degrees 10 to 12 minutes. Makes 3 to 4 dozen, depending upon size.

August 28, 1958

Check your nearest STAR MARKET for TOP VALUE in foods this week. Ask for Trudy McNall's Menu of the Week.

August 29, 1958

OUTDOOR COOKERY

GRILLED CUBE STEAKS

Allow 1 large or 2 small cube steaks per person. Let stand in Marinade for 1 to 3 hours (in refrigerator). Place steaks on grill about 2 inches above the heat. Grill about 2 minutes on each side, turning once. Sprinkle with salt and pepper. Serve in hot toasted, buttered hamburger buns, topped with a little marinade.

MARINADE

1/2 c. salad oil
1/4 c. vinegar
2 t. Worcestershire sauce
1/4 c. chopped onion
1 t. salt

Combine all ingredients. Makes enough for 6 servings.

BARBECUED BAKED POTATOES

Select medium sized baking potatoes; scrub well and pat dry with paper toweling. Rub the skins with soft butter. Wrap each potato tightly in double thickness of heavy duty aluminum foil. Knock off gray ashes from briquets if you are using them and lay potatoes on top. Barbecue medium size potatoes for 45 to 60 minutes. Turn several times during barbecuing. Potatoes are done if they feel soft when pressed with an asbestos gloved thumb. When done, slit the foil, cut potatoes in both directions and press gently to break open. Fluff potato with a fork and season to taste, place a pat of butter in each potato.

CHOCOLATE CHIP OATMEAL CRISPIES

1 c. shortening
1 c. light brown sugar
1 c. granulated sugar
2 eggs
1 1/2 c. flour
1 t. salt
1 t. soda
3 c. quick cooking rolled oats
1 c. chocolate bits
2/3 c. chopped nuts
1 1/2 t. vanilla

Cream shortening with sugars, add eggs and beat until very smooth. Sift dry ingredients, add quick cooking oats and mix well. Stir in nuts, chocolate bits and vanilla. Mix well. Drop by spoonfuls onto lightly greased cookie sheet. Bake at 350 degrees 10 to 12 minutes. Makes 5 to 5 1/2 dozen.

FRIDAY BURGER

1 c. grated American cheese
3 hard cooked eggs, chopped
1 can tuna fish
2 T. chopped onion
2 T. pickle relish
1 T. Nance's mustard
1/2 c. mayonnaise
Hot dog buns or hamburger buns
Aluminum foil

Combine all ingredients except last 2. Fill buns with tuna salad. Wrap in aluminum foil. Broil on rack above coals about 5 minutes on each side.

SUGGESTED MENU: Grilled Cube Steaks or Friday Burgers, Barbecued Baked Potatoes, Corn on Cob, Sliced Tomatoes with French Dressing, Chocolate Chip Oatmeal Crispies, and Fresh Sliced Peaches.

Tip: Slice peaches into paper dessert dishes, to keep them from turning dark, slice just before using if possible into ice water, sprinkle with a little lemon juice.

FROSTING FAVORITES: These following recipes are the favorites over my 5 years of telecasting and I have had many requests to repeat them. So, here they are all together on one recipe sheet for you. From time to time I'll refer back to them when I am demonstrating cake ideas.

BEST BOILED FROSTING

Never fail, soft on the inside, set and slightly crusty on the outside. A crowning glory for any perfect cake.

1 1/2 c. sugar
1/3 c. water
2 T. white Karo
2 egg whites, stiffly beaten
3 T. confectioners sugar

Combine sugar, water and Karo. Cook to 238 degrees. Add slowly to stiffly beaten egg whites and continue to beat until consistency of heavy cream. Add confectioners sugar and beat for a minute or two. Spread on cake. Flavor with vanilla or other flavoring if desired.

CHOCOLATE CONFECTIONERS FROSTING

2 squares unsweetened chocolate
2 T. butter
1/2 c. rich milk
Confectioners sugar
1/2 t. vanilla

Melt chocolate and butter in milk in top of double boiler. Cool to lukewarm, add vanilla and enough sifted confectioners sugar to make of spreadable consistency. This should be a soft smooth frosting. Makes enough for 2--8 inch layers, tops and sides.

CHOCOLATE WHIPPED CREAM FROSTING
(Delicious on Angel Food Cakes)

1 c. heavy cream
1 c. confectioners sugar
1/4 c. cocoa

Combine all ingredients and chill in refrigerator for 15 minutes or longer. Beat until thick. Enough frosting for 2--8 inch layers or 1 large angel food cake.

CHOCOLATE FROSTING AND FILLING

1 c. sugar
3 T. cornstarch
2 squares chocolate
1/4 t. salt
1 c. boiling water
1 T. butter
1 t. vanilla

Combine sugar and cornstarch. Cut chocolate into small pieces or shave and add with salt. Pour 1 c. boiling water over all and cook, stirring constantly until mixture is thick and smooth. Remove from heat, add butter and vanilla. Spread frosting while it is still hot on cake, then the frosting will be glossy. Frosting for 2--8 inch layers.

PENUCHE FROSTING

1/2 c. butter
1 c. brown sugar
1/4 c. milk
2 c. confectioners sugar (about)

Melt butter in saucepan. Add brown sugar, bring to a boil and boil for 2 minutes, stirring constantly. Stir in milk, bring to a boil again, stirring constantly. Cool to lukewarm. Gradually add confectioners sugar, beating until thick enough to spread. If frosting becomes too thick add a little hot water.

BUTTER-CREME FROSTING
(Best for Frosting and Decorating)

1/2 c. shortening
1/2 c. butter
4 egg whites, unbeaten
2 pounds confectioners sugar
2 t. vanilla or other flavoring

Cream shortening and butter together until light and fluffy. Add part of the sugar and continue beating, add 2 of the egg whites and beat well. Add a little more sugar and egg whites alternately. Add flavoring. Continue beating until very fluffy and smooth. Note: Leftover frosting may be kept in covered container in refrigerator almost indefinitely.

LEMON BUTTER FROSTING

2 1/2 c. confectioners sugar
1/4 c. melted butter
2 t. grated lemon rind
2 t. lemon juice
1/4 t. vanilla
2 to 3 T. light cream

Combine all ingredients, adding enough light cream to make of spreadable consistency.

PETIT FOURS FROSTING

2 c. sugar
1/8 t. cream of tartar
1 c. hot water
Confectioners sugar

Cook sugar, cream of tartar and hot water to a thin syrup, 226 degrees. Cool to lukewarm. Add confectioners sugar (about 1 cup) to make of pouring consistency. Always add sugar to syrup NOT SYRUP TO SUGAR. Test by pouring a little over cakes. Keep over hot water.

STABILIZED WHIPPED CREAM

1 t. unflavored gelatin
4 t. cold water
1 c. whipping cream
1/4 c. confectioners sugar
1/4 t. vanilla, if desired

Combine gelatin and cold water. Dissolve over boiling water, be sure gelatin is completely dissolved. Beat cream until of medium consistency. Pour lukewarm gelatin into cream and continue to beat while adding sugar and vanilla until of desired thickness.

MOCHA ICING
(Nice for applesauce and spice cakes)

2 squares unsweetened chocolate
3 T. butter
3 c. confectioners sugar
1/3 c. strong hot coffee
1 t. vanilla

Melt chocolate and butter together. Blend in confectioners sugar and thin as you beat with the hot coffee to desired consistency. Add vanilla. Spread on cooled cake.

CREAM CHEESE FROSTING
(Delicious on tomato soup or spice cake)

1--3 oz. package cream cheese
2 c. sifted confectioners sugar
1 T. orange juice
Grated rind of 1 orange
Dash salt

Soften cheese and beat in sugar gradually. Add orange juice, rind and salt and continue beating until light and fluffy.

SOUR CREAM FUDGE FROSTING

2 squares unsweetened chocolate
2 c. sugar
1 c. sour cream
1 t. vanilla
Dash salt

Melt chocolate in heavy saucepan, add sugar and blend well. Stir in sour cream. Cook, stirring constantly until mixture begins to boil. Continue to cook without stirring to a soft ball stage (230 degrees on thermometer). Cool WITHOUT STIRRING to lukewarm. Add vanilla and salt, beat until of spreadable consistency. This frosting is enough for 2--9 inch layers. It is nice and smooth and creamy, wonderful on white or chocolate cakes. Keeps well.

SHINY CHOCOLATE FROSTING
(For Boston Cream Pie and Cream Puffs)

2 T. butter
2 squares unsweetened chocolate
1 c. confectioners sugar
2 T. boiling water

Melt together butter and chocolate. Blend in sugar and beat until smooth but not stiff.

TRUDY MC NALL'S

Rochester's FIRST Station
WROC-TV
CHANNEL 5
A TRANSCONTINENT TELEVISION CORPORATION STATION
ROCHESTER BROADCASTING CENTER
201 HUMBOLDT STREET, ROCHESTER 3, N. Y.

2:30 P.M. HOME COOKING RECIPES, September 1 - 13, 1958

Lucille Fleming's Recipes. . .Trudy on Vacation

September 1, 1958

MEAT BALLS IN SOUR CREAM

1 lb. ground beef	Dash oregano
3/4 lb. ground pork	1/2 c. milk
1 c. medium cracker crumbs	2 eggs
	2 T. fat
2 t. salt	1 1/2 c. sour cream
Dash pepper	1/2 c. sour cream
Dash thyme	1 can (6 oz.) mushrooms, drained

Combine meats, crumbs, seasonings, milk and eggs. Mix well. Form mixture in balls (1 1/2 inches across); brown in hot fat. Drain off excess fat. Add 1 1/2 c. sour cream and simmer 1 hr. Remove meat balls to serving dish. Stir 1/2 cup cream into mixture in skillet; add mushrooms. Heat to boiling point and pour over meat balls. Makes approximately 6 servings.

BANANA BARS

2 c. all-purpose flour	1 c. sugar
2 t. baking powder	2 eggs
1/2 t. salt	1 c. mashed bananas
1/4 c. shortening	1/2 t. lemon extract
1/2 t. vanilla	1/2 c. chopped nuts

Sift flour, baking powder and salt. Cream shortening and sugar. Add eggs and beat well. Add flour to creamed mixture alternately with mashed bananas. Add flavoring and nuts. Spread batter in greased pan 8 x 13 inches. Bake at 350 degrees for 30 minutes. While still slightly warm, frost with confectioners sugar icing. When cool, cut in bars or squares.

PARTY BISMARCKS

Refrigerated ready-made biscuits	Jelly
	Hot fat

Confectioners sugar

Remove refrigerated biscuits from tube and flatten to 1/4 inch. Place 1 teaspoon jelly on half of the biscuits. Cover with remaining biscuits; seal edges well. Fry in deep hot fat (375 degrees) 3 minutes on each side. Drain on paper towels. Dust with confectioners sugar. Serve warm.

September 2, 1958

EAST INDIA RELISH

2 1/2 lb. watermelon rind	1 T. salt
1/4 c. salt	2 t. cinnamon
3 sweet red peppers	2 t. mace
2 small heads cabbage	2 t. paprika
5 Spanish onions	2 t. dry mustard
1/2 c. salt	2 T. mustard seed
1 qt. cider vinegar	1 T. curry powder
2 c. brown sugar	1 T. celery seed

Peel watermelon rind and cut in cubes. Sprinkle with 1/4 c. salt and cover with water. Let stand 12 hours. In another bowl combine peppers, cabbage and onions, finely chopped. Sprinkle with 1/2 c. salt and let stand 12 hours. Rinse watermelon rind in cold water, dry it and chop fine. Drain vegetables and squeeze in a cloth to remove all liquid. Combine the vegetables and watermelon rind with all the remaining ingredients. Simmer for 1 hour, or until the vegetables are tender. Pour into hot sterilized jars and seal. Makes about 8 pints.

DILLED GREEN TOMATOES

6 qts. small green tomatoes	1 c. pickling salt
	12 sprays dill, fresh
2 qts. water	6 cloves garlic
1 qt. cider vinegar	6 red peppers (hot)

Wash tomatoes. Place 1 spray dill, 1 peeled clove of garlic and 1 hot red pepper in bottom of each sterilized jar. Pack jars with tomatoes and add another spray of dill on top. (An extra clove of garlic may be added to top of jar if desired.) Boil water, vinegar and salt and fill jars with brine. Seal tightly and store for at least 3 months before using. The fermentation will cause cloudiness in the brine, but this will clear up.

RIBBON CAKE

2 1/2 c. sifted cake flour	3 eggs, unbeaten
	1 1/4 c. milk
3 t. baking powder	1/2 t. orange extract
1 t. salt	1 1/2 T. cocoa
1 2/3 c. sugar	1 T. instant coffee
2/3 c. shortening (1/2 butter)	1 T. water
	1/4 t. almond extract

Cream shortening, add sugar and beat well. Add eggs and beat until fluffy. Sift flour, baking powder and salt together and add alternately with the milk to which the orange extract has been added. Turn 1/2 of the batter into a greased and floured 9 inch round pan. Combine cocoa, coffee, water and almond extract and add to remaining batter. Pour into second 9 inch round pan, also greased and floured. Bake at 350 degrees for 30-40 minutes. Cool. Split layers in half. Frost, alternating layers, starting with a dark layer.

CHOCOLATE FROSTING

2 pkg. semi-sweet chocolate bits	1 c. sifted confectioners sugar
1/2 c. butter	3 eggs
1 t. vanilla	Shaved Brazil nuts

Melt chocolate bits over hot water. Cool completely at room temperature. Cream butter and sugar together, add eggs, one at a time, beating with mixer or rotary beater. Blend in vanilla and cooled chocolate. Decorate top of cake with Brazil nut slices.

September 3, 1958

CALIFORNIA CASSEROLE

2# veal round	1 3/4 c. drained small cooked onions
1/3 c. flour	
1/4 c. shortening	1 can cream of chicken soup

1 can water

Coat veal well with flour mixed with 1 t. paprika. Pound flour into meat and then cut meat into 2" cubes. Brown on all sides in hot fat. Transfer to 14 x 10 x 2 inch casserole. Add onions. Mix soup with water in the skillet used for browning. Bring to a boil and pour over meat. Bake uncovered at 350 for approximately 1 hour. Top with dumplings and bake uncovered at 425 degrees for about 20 minutes or until brown. Serve with sauce made by heating together 1 c. sour cream and 1 can cream of chicken soup.

DUMPLINGS

2 c. flour	1 t. dry onion flakes
4 t. baking powder	1 t. celery seed
1/2 t. salt	1 T. poppy seed
1 t. poultry seasoning	1/4 c. salad oil

1 c. milk

Mix all dry ingredients together and add salad oil and milk. Stir until moistened. Drop rounded T. of dough into mixture of 1/4 c. melted butter and 1 c. bread crumbs. Roll to coat with crumbs.

BAKED CUSTARD

3 eggs	1/4 c. sugar
2 c. milk	1 t. vanilla
Few grains of salt	Cinnamon or nutmeg

Add sugar and salt to milk and heat to the boiling point. Pour slowly over slightly beaten eggs, stirring constantly. Add vanilla and strain into baking dish or individual custard cups. Sprinkle with nutmeg or cinnamon. Set baking dish into pan of hot water and bake at 350 until set, or about 35 minutes. (A silver knife inserted in center of custard should come out clean.) Remove from pan of water and cool at room temperature. Chill before serving.

September 4, 1958

STAR MARKET DAY. . .Shop your favorite Star Market for the Menu of the Week.

September 5, 1958

GOLDEN MACARONI SALAD

2 c. Bravo macaroni	1/2 c. diced sharp cheddar cheese
1 to 1 1/2 t. yellow food coloring	2 t. Nance's mustard sauce
6 hard cooked eggs	2 t. salt
3/4 c. diced green pepper	1/2 c. finely chopped onion
1/4 c. diced pimiento	

Mayonnaise, to moisten

Add food coloring to boiling salted water. Add macaroni and cook until tender. Rinse in cold water and drain. Sieve egg yolks and set aside. Chop egg whites and add to macaroni with all remaining ingredients. Mix well and chill. At serving time sprinkle top with sieved egg yolks and garnish with parsley. 6 to 8 servings.

PICCALILLI MOLDS

1 pkg. lime or lemon flavored gelatin	2 T. vinegar, from pickled onions
1 3/4 c. hot water	3 T. thinly sliced pickled onions
Few grains of salt	

1/2 c. sweet piccalilli

Dissolve gelatin in hot water. Add salt and vinegar. Chill until partially set. Fold in remaining ingredients. Turn into small molds or use 6 1/2 x 4 x 2 1/2 inch refrigerator dish. Chill until firm. Serve with cold cuts or ham.

PECAN DATE PIE

3 eggs	1 c. sugar
1 T. melted butter	1 T. flour
1 c. light corn syrup	1 c. pecan halves
1/2 t. vanilla	1 c. chopped dates

1 9" pie shell, unbaked

Arrange pecans and dates in bottom of pie shell. Beat eggs, add butter, corn syrup and vanilla. Stir well. Mix sugar and flour together and blend with egg mixture. Pour over dates and nuts in pie shell and bake at 350 degrees for approximately 45-50 minutes.

Trudy's Recipes

September 9, 1958

BARBECUE STYLE MEAT LOAF

1 1/2 pounds ground beef	1/8 t. pepper
1 c. fresh bread crumbs	2--8 oz. cans tomato sauce
1 onion, finely chopped	1/2 c. water
1 egg	3 T. vinegar
1 1/2 t. salt	3 T. brown sugar
	2 T. Nance's Mustard Supreme

Combine beef, crumbs, onion, slightly beaten egg, salt, pepper and 1/2 can of tomato sauce. Form into a loaf, place in shallow 7 x 10 inch pan. Combine remaining ingredients. Pour over loaf. Bake at 350 degrees for 1 hour and 15 minutes. Baste occasionally. Makes 4 to 5 servings.

CHERRY PUFF

(Light airy sponge cake on top of luscious cherry sauce)

1 can Tru-Mix Cherry Pie Filling	1/4 t. cream of tartar
2 egg whites	2 egg yolks
1/8 t. salt	1/3 c. sugar
	6 T. cake flour

Pour cherry mixture into 1 1/2 quart casserole, place in oven at 350 degrees to heat while preparing topping. Beat egg whites until foamy, add salt and cream of tartar, beat until stiff. Beat egg yolks until thick and lemon colored, add sugar and beat thoroughly. Fold egg yolks into egg whites, then fold in flour. Pour batter on top of cherries. Bake at 350 degrees for 40 minutes. Serve warm.

TRUDY'S TIPS: Bake potatoes with meat, putting them in oven first. Allow about 1 1/2 hours for good-size baking potatoes, prepare meat loaf, make dessert last so you can serve it warm, with or without cream. To complete meal, add a green or yellow vegetable, tossed salad, rolls, beverage.

September 10, 1958

PEACH MERINGUE PIZZA

(Here is a peach pizza in all its glory; a crisp meringue shell, layered with lemon filling and sweetened cream; topped with luscious fresh peaches. It's an ideal dessert for any special party or occasion.)

6 egg whites	Dash of salt
1/2 t. cream of tartar	1 3/4 c. sugar

1/4 t. almond extract

Beat egg whites with cream of tartar and salt until frothy, gradually beat in sugar a tablespoonful at a time, beating until stiff and satiny. Add extract. Spoon, or with a pastry tube nest, the mixture over a pizza pan (12") that has been greased and dusted with cornstarch. Bake in a very slow oven until firm and dry, about 225 degrees for 90 minutes. Fill with lemon filling.

Lemon Filling:

6 egg yolks	2/3 c. sugar

Juice and rind 2 lemons

Combine all ingredients and cook in top of double boiler, stirring constantly until thick. Remove and cool. Pour into meringue shell. Arrange topping.

Topping:

1 c. Genesee Country heavy cream	1 t. vanilla
1/4 c. sugar	3 c. sliced peaches
	1/2 c. apple jelly, melted

Beat cream with sugar, add vanilla. Spread whipped cream over filling. Dip peaches in melted jelly, arrange over the whipped cream. Chill and serve.

EASY PARTY-GOING PORK CHOPS

6 pork chops	6 green pepper rings
Dash pepper	1 can condensed tomato soup
6 slices onion	

Brown chops; sprinkle with pepper. Place an onion slice and a green pepper ring on each chop. Pour undiluted soup over all. Cover and simmer about 1 hour, or cover and bake in oven at 350 degrees for 1 hour.

BAKED POTATO SLICES

6 medium sized potatoes	Salt and pepper
1/4 c. melted butter	Chopped parsley

Peel and slice potatoes thinly as for scalloped potatoes. Arrange layers of potatoes, butter and seasonings in a buttered baking dish. Cover and bake at 350 degrees for 1 1/4 hours.

September 11, 1958

CHEERY CHOO-CHOO

A cake for the kiddies. . .mothers will love to serve this, too, for one slice includes the traditional ice cream and cake that all wee folks love so much. The rich chocolate roll is the best I've ever tasted and when plumped full of peppermint ice cream, it's sensational. The contrast between the delicate pink and chocolaty brown spiral is something to behold. Here's how to decorate:

DECORATING THE CHEERY CHOO-CHOO: First make the roll and fill it, then spread pink butter cream frosting over the entire roll and if need be, you may dip a spatula into warm water to smooth the frosting over. Lines of chocolate butter frosting are applied with a pastry tube. Make any decorations you like, by the way, using a cartoon or child's toy train or your own imagination as a guide. In any case, you'll probably want to use thin chocolate cookies for the wheels. Spokes are of pink butter frosting. The cab consists of chocolate cookies and pink icing, too, put together sandwich style. A frosted gumdrop forms the smoke stack, tiny gumdrops in a row behind the stack are added for "effect". . .I use 6 chocolate cookies for the wheels, just push them into the sides of the roll--they'll stay. Frosted gum drops make wonderful smoke stacks and headlights.

CHOCOLATE CAKE ROLL

1/2 c. cake flour	3/4 c. sugar
3/4 t. baking powder	1 t. vanilla
1/4 c. cocoa	4 egg whites
4 egg yolks	1/4 t. salt

Grease jelly roll pan 10 1/2 x 15". Line with waxed paper, grease paper. Sift flour, baking powder and cocoa together. Beat egg yolks until thick and lemon colored. Add sugar gradually and beat until well blended. Blend in flour mixture until smooth. Beat egg whites until frothy. Add salt and beat until stiff. Fold stiffly beaten egg whites carefully into batter mixture. Spread carefully and evenly in prepared jelly roll pan. Bake at 350 degrees 20 to 22 minutes. Turn out immediately on a clean towel which has been evenly sprinkled with confectioners sugar. Quickly pull off waxed paper. Roll cake up with towel and place on cake rack to cool.

BUTTER CREAM FROSTING

1/2 c. butter	6 to 7 T. cream or milk
3 1/2 to 4 c. confectioners sugar	1 t. vanilla and food coloring

Cream butter until light and fluffy. Gradually add sugar and cream alternately while beating. Use enough cream to make of spreading consistency. When smooth add vanilla. Color as desired.

A QUICK BUT CHOICE RABBIT

(Nice for Lunch)

Combine 1 can condensed cream of celery soup, 1/2 c. milk, 1 c. sharp shredded American cheese, 1 T. Nance's Mustard and 2 eggs, well beaten. Heat over low heat, stirring constantly until cheese is melted and rabbit is thickened. Serve on toast, English muffins, or crackers.

September 12, 1958

Don't forget to shop Star Markets.

September 13, 1958

Cooking Outdoors. . .

BROILERS IN MARINADE

Combine 1/2 c. salad oil, 1/4 c. vinegar, 1/4 c. lemon juice, 1 t. dried rosemary, 1 T. Nance's mustard, 1/3 c. honey, 1/2 t. Tabasco and 1 t. Worcestershire sauce. Beat with a rotary beater to blend. Pour mixture over 2 quartered broilers; chill several hours, turning chicken occasionally. Warm remaining marinade in small saucepan, place near grill with small pastry brush to baste broilers while cooking. Grill about 40 minutes, turning often or until tender.

CORN

Spread fresh ears of corn with butter, sprinkle with celery salt. Wrap in double thickness of foil. Grill over coals about 10 minutes, turn occasionally.

BRONCO KABOBS

(Children love these. . .let teen-agers make their own.)

8 SCHRADER'S Frankfurters	1 14 ounce can (1 1/2 cups) pineapple chunks, drained
8 slices bacon	

Cut each frankfurter in fourths. Thread end of bacon slice on skewer and weave over and under chunks of frankfurter and pineapple as you alternate them on skewer. Fill 8 skewers. Broil about 12 minutes. Serve with Nance's mustard.

Use Dixie Cups for your picnic: Nowadays you can use Dixie Cups in patterns that Emily Post calls "attractive, informal, and socially correct." Not only are they handy for cold or hot drinks; but they're useful for picnic cups, salads and desserts.

SUNDAE SURPRISES

These easy to make individual sundaes take no dishing up. Just dip vanilla ice cream into bottom of dixie cup, spoon on chocolate sauce and nuts, cover with more ice cream, refreeze. Bring from freezer about 10 minutes before serving.

HEAVENLY HAWAIIAN CREAM

Another dessert to serve from Dixie Cups. Combine 1 No. 2 can pineapple tidbits, 1/4 pound midget marshmallows, 1/4 cup well drained maraschino cherries, cut in fourths. Fold in 1 cup heavy cream, whipped. Spoon into cups, top with toasted slivered almonds and shredded coconut. Chill in refrigerator before serving.

TRUDY MC NALL'S

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201 HUMBOLDT STREET, ROCHESTER 3, N. Y.

2:30 P.M. HOME COOKING RECIPES, September 15 - 26, 1958

September 15, 1958

PEACH CONSERVE

4 pounds peaches, peeled, pitted, and sliced
3 c. water
6 c. sugar
2 c. seedless raisins
1 1/2 c. walnuts

Cook peaches, water and sugar together for about 15 minutes, add raisins and cook until mixture thickens. Add nuts and cook 5 minutes. Pour into hot sterilized jars and seal at once. Makes about 7 pints. Note: Everyone has a favorite Peach Conserve but this one is delicious. Serve with hot or cold meats or combined with cream cheese for tea sandwiches. If desired, you may add 1 c. sliced maraschino cherries. Very pretty. Pour conserve into the new half-pint Ball jars--just right for Christmas giving.

SOUPERBURGERS
"A Luncheon Quickee"

1 pound ground beef
1/2 c. chopped onion
1 T. shortening
1 can condensed chicken gumbo or vegetable soup
2 T. ketchup
1 T. Nance's Mustard Supreme
Dash pepper
6 buns, toasted and buttered

In skillet, brown beef and onion in shortening, stir to separate meat particles. Add soup and seasonings; simmer about 5 to 10 minutes, stir occasionally. Serve on buns. 4 to 6 servings.

COOKIE OF THE WEEK. . .

ORANGE COCONUT WAFERS
Courtesy of New York State Gas & Electric Co.

3/4 c. shortening
1 c. brown sugar
2 eggs
1/2 t. vanilla
1/2 t. orange extract
3 c. flour
1/2 t. baking powder
1/4 t. soda
1/2 t. salt
1 c. shredded coconut
1/3 c. Dairy Sour Cream

Cream shortening and sugar well. Add eggs and flavorings, beat well, blend in sour cream. Sift dry ingredients (flour, baking powder, soda, and salt). Mix into creamed mixture. Add coconut and stir until well blended. Drop by teaspoonfuls onto greased cookie sheet. Bake at 400 degrees for 8 to 10 minutes. Makes 8 dozen.

September 16, 1958

CHICKEN 'N GOLDEN SAUCE

2 to 3 pounds chicken legs or breasts
1/3 c. flour
1/2 t. paprika
Dash pepper
1/4 c. melted butter
1 can condensed cream of chicken soup
1 T. minced parsley

Dredge chicken with mixture of flour, paprika and pepper. Arrange in a single layer in buttered shallow baking dish (12" x 7 1/2" x 2"). Dribble butter over chicken. Bake at 375 degrees for 20 minutes. Turn chicken and bake 20 minutes longer. Stir soup; pour over chicken, sprinkle with parsley. Bake an additional 20 minutes. Makes 4 to 6 servings. Total baking time, 60 minutes.

FLOATING ISLAND

3 c. milk
1/4 c. sugar
1 T. cornstarch
1/4 t. salt
2 whole eggs
2 egg yolks
1 t. vanilla
*Meringues

Scald milk in double boiler. Combine sugar, cornstarch and salt. Gradually add a little of hot milk to sugar mixture, then pour mixture into rest of milk. Cook, stirring constantly until mixture thickens slightly. Beat eggs and egg yolks, add a little of the hot milk mixture to the eggs, add to remaining milk mixture. Cook for an additional 2 minutes, stirring constantly. Add vanilla. Pour into serving dish and chill. Serve with meringue "islands" floating on top.

*MERINGUES

2 egg whites
Pinch salt
1/4 c. sugar

Beat egg whites until stiff with pinch of salt, beat in sugar. Drop by tablespoons into shallow frying pan of simmering water. Cover and cook slightly, about 3 minutes. Place meringues on custard. Note: If desired, meringues may be cooked on the scalding milk before making custard. For a pretty touch top each meringue with a spoonful of strawberry or raspberry jam.

September 17, 1958

"APPLE-TRU CRUMBLE PIE"

1 can APPLE-TRU
1/2 t. salt
1/2 t. cinnamon
1/4 t. nutmeg
1/4 c. cream
Unbaked 8" pie shell
1/2 c. brown sugar
1/2 c. flour
4 T. butter

Combine APPLE-TRU slices with salt, cinnamon, nutmeg and cream. Fill unbaked pie shell with this mixture. Combine brown sugar and flour with butter to make crumbs. Cover apple slices with this mixture. Bake at 425 degrees about 40 minutes.

TANGY PORK CHOPS

4 pork chops
Dash pepper
4 lemon slices
4 green pepper rings
1 can condensed tomato soup

Brown pork chops on both sides; pour off drippings. Sprinkle with pepper. Top each chop with slice of lemon and pepper ring. Pour soup over all. Cover and simmer over low heat about 45 minutes. Note: Pork chops may be baked in oven with pie for 45 minutes if desired.

MENU SUGGESTION: Tangy Pork Chops, Baked Potatoes, Green Salad, Green Vegetable, Apple-Tru Pie, Beverage.

A LOW-CALORIE SALAD DRESSING FOR CRISP GREENS

1 c. cottage cheese
1 can condensed tomato soup
1 T. sweet pickle relish
1 T. lemon juice

Blend all ingredients well. Serve over crisp greens. Makes 2 cups. . .25 calories in 2 T. dressing.

September 18, 1958

STAR MARKET DAY. Shop Star Markets for Top Values. Ask for Trudy McNall's Menu of the Week, featuring "specials of the week."

September 19, 1958

SAVORY SPAGHETTI CASSEROLE

1 pound ground beef
1/2 c. chopped onion
1/4 c. chopped green pepper
2 T. butter
1 can condensed mushroom soup
1 can condensed tomato soup
1 soup can water
1 c. shredded sharp cheese
1/2 pound BRAVO spaghetti, cooked and drained

Cook beef, onion, green pepper and butter together until meat is lightly browned and vegetables are tender; stir often to separate meat particles. Add soups and water. Heat. Blend with 1/2 c. cheese and cooked spaghetti in a 3-quart casserole; top with remaining cheese. Bake at 350 degrees for 30 minutes or until bubbling hot. Makes 4 to 5 servings.

COCONUT CREAM PEACH PIE

9 inch baked pie shell
1 c. sugar
1/2 c. flour
1/4 t. salt
2 c. milk
3 egg yolks, slightly beaten
2 T. butter
1/2 t. vanilla
1/2 c. coconut
2 c. sliced fresh peaches
1/4 c. sugar
Juice 1 lemon
Water
1 T. cornstarch

Combine sugar, flour and salt. Scald milk. In top of double boiler gradually add hot milk to dry ingredients. Cook, stirring constantly until mixture is thick and smooth. Add slightly beaten egg yolks and cook for 2 minutes, stirring constantly. Add butter and vanilla. Fold in coconut. Cool without stirring for about 10 minutes, pour into pie shell. Chill until firm. Place sliced peaches in a bowl, sprinkle with 1/4 c. sugar and lemon juice, let stand at room temperature for several hours. Drain syrup from peaches and add enough water to make 1 cup liquid. Blend

(over)

Coconut Cream Peach Pie (Cont.)
cornstarch with 1/4 c. of peach liquid, heat remaining 3/4 c. liquid to boiling, add gradually to cold mixture. Cook, stirring constantly, until thick and clear. Cool. Arrange peach slices on top of coconut cream. Spoon glaze over top of peaches. Sprinkle with additional coconut if desired. Chill until serving time.

STILL TIME TO CAN AND FREEZE PEACHES

FREEZING PEACHES

1. Make the syrup ahead of time using equal parts of sugar and water or 3 parts of sugar and 2 parts of water. Refrigerate until ready to use.

2. Put cold syrup in sturdy containers. For a pint container use about 3/4 c. of syrup.

3. Dip enough peaches for one container in boiling water to loosen the skins, then dip peaches in cold water. Drain.

4. Peel peaches one at a time and slice directly into container with cold syrup. Fill container to within 3/4 inch of the top. Use crushed waxed paper in the top of the container to keep peaches under the syrup. Freeze immediately.

Note: Ascorbic acid may be used if desired to prevent darkening of peaches. Add to cold syrup according to directions on bottle.

September 22, 1958

TOMATOES SHOULD BE PRESERVED. . .

TOMATO KETCHUP

1 peck red, ripe tomatoes	2/3 c. sugar
4 medium onions, chopped	2 T. salt
1 small clove garlic, minced	1 t. ground mace
2 red peppers, seeded	1 t. pepper
1 bay leaf	1 T. paprika
	1 T. celery seed
	1 T. whole cloves
	1 pint cider vinegar

Simmer tomatoes, onions, garlic, peppers and bay leaf until soft, force through sieve. Add remaining ingredients (tie celery seed and whole cloves in cheese cloth bag). Boil rapidly until thick and of desired consistency, stirring occasionally. Pour into hot jars and seal. Yield: 3 to 4 pints. Note: Ketchup will have a beautiful color if cooked in the oven. Pour into open large roasting pan, bring to boiling point on top of stove, place uncovered in oven at 350 degrees and bake 3 to 4 hours, stirring occasionally.

LEMON BARS

3 T. butter	1/4 c. instant dry milk
1/3 c. sugar	1/4 t. salt
1 egg yolk	1/8 t. baking powder
2 T. lemon juice	1 egg white
Grated rind 1 lemon	1/3 c. confectioners sugar

1/4 c. chopped pecans

Combine butter and sugar, beat until smooth and creamy, add egg yolk and blend well. Add lemon juice and rind. Sift flour, dry milk, salt and baking powder, add to creamed mixture. Beat egg white until fluffy, add confectioners sugar and continue to beat until stiff peaks are formed. Fold beaten egg white and pecans into batter. Pour into greased and floured 8 inch square pan. Bake at 375 degrees for 20 minutes or until lightly browned on top. Cool. Frost.

Frosting:

1 T. butter	2 t. lemon juice
1/2 c. confectioners sugar	2 T. finely cut pecans

Beat together butter, sugar and lemon juice. Spread mixture on cool uncut bars and sprinkle with pecans. Cut into 18 1 x 2 1/2 inch bars.

September 23, 1958

BANANA BREAD

1/2 c. shortening	1 t. baking powder
1 1/2 c. sugar	1 t. soda
2 eggs	1/2 t. salt
2/3 c. mashed bananas	4 c. flour
1/2 c. buttermilk	2/3 c. nutmeats

Cream shortening and sugar, add eggs and blend well. Stir in bananas and buttermilk. Sift flour with baking powder, soda and salt. Add to first mixture. Stir in nuts. Pour into 2 small loaf pans, greased and floured. Bake at 350 degrees for 1 hour.

BREADED SHOULDER LAMB CHOPS

6 shoulder lamb chops	Dry bread crumbs
1 egg, slightly beaten	1/2 t. salt
1 T. water	Dash pepper

3 T. melted butter

Combine egg and water, add salt and pepper. Dip chop in egg, then in crumbs. Arrange in well greased shallow baking pan or dish. Drizzle butter over chops. Bake in oven at 350 to 375 degrees for 1 1/4 hours.

CREAMED POTATOES
(Bake in oven with meat)

4 c. raw diced potatoes	1 1/2 c. milk
3 T. butter	3/4 t. salt
2 T. flour	Dash pepper

Put potatoes in well buttered baking dish. Melt butter, add flour and mix well, add milk and seasonings and cook until slightly thickened. Pour over potatoes. Cover and bake with meat for 1 1/4 hours.

BAKE A VEGETABLE, TOO. . .

1 package frozen vegetable-- corn, lima beans, peas, or green beans	2 T. water
2 T. butter	3/4 t. salt
	1/8 t. pepper

Place frozen vegetable in 1 1/2 quart casserole. Dot with butter; add water and sprinkle with salt and pepper. Cover and bake with meat and potatoes for about 45 minutes.

September 24, 1958

TRU-MIX SUGAR CRUSTY COBBLER

1 can blueberry or cherry Tru-Mix Pie Filling	3 t. baking powder
1 1/2 c. Daisy Pastry Flour	4 T. sugar
1/2 t. salt	1/2 c. shortening
	1/2 c. milk
	1 egg, well beaten

Pour contents of blueberry or cherry pie filling into 8-inch square pan. Place in hot oven 400 degrees while preparing topping. Sift flour, baking powder, 2 T. of the sugar and salt into mixing bowl. Cut in shortening until mixture resembles coarse crumbs. Add egg and milk and stir only until flour is moistened. Drop dough by spoonfuls onto hot filling. Sprinkle remaining 2 T. of sugar on top of biscuit topping. Bake at 400 degrees for 30 minutes or until bubbly and brown. 6 servings.

STEAK SMOTHERED WITH ONIONS

1 pound round steak, cut 3/4 inch thick	Salt and pepper
3 T. shortening	4 onions, sliced
Flour	1/2 c. water

Melt shortening in heavy skillet. Cut steak into 3 or 4 pieces. Dip each piece in seasoned flour. Brown in hot shortening. Add water, cover and simmer about 30 minutes, add onions. Cover and continue cooking for another 30 minutes or until meat is fork tender. Note: If desired, 1 can onion soup may replace the water and sliced onions.

HASHED BROWNED POTATOES

1/2 c. bacon fat or half butter and shortening	4 c. finely chopped boiled potatoes
	Salt and pepper

Heat shortening in heavy frying pan. Add potatoes and dash pepper. If using bacon fat add salt only if necessary. Press potatoes firmly with wooden spoon to form a flat cake and continue cooking over LOW heat until brown underneath and loose from the pan. Shake pan occasionally to prevent sticking. Fold with a pancake turner and turn out on a hot platter. 4 to 6 servings.

September 25, 1958 STAR MARKET DAY

September 26, 1958

CRUSTY BAKED HALIBUT STEAK

8 paper-thin slices salt pork about 2 1/2 inches square	2 T. butter
1 small onion, sliced	2 T. flour
1 pound halibut steak	1/3 c. buttered bread crumbs
	Salt and pepper

Lemon wedges

Arrange 4 of the slices of salt pork and the sliced onion in the bottom of a baking dish. Place halibut in dish and put rest of the salt pork on top of the fish. Cream butter and flour, spread over salt pork. Sprinkle with salt and pepper and cover with buttered crumbs. Bake uncovered at 350 degrees for 30 to 35 minutes or until top is nicely browned and fish is tender. Serve in baking dish garnished with lemon wedges.

SPECIAL LEMON MERINGUE PIE

1 1/2 c. sugar	2 T. butter
4 T. flour	6 T. lemon juice
1 T. cornstarch	1 t. grated rind
1 1/2 c. boiling water	8 T. sugar
1/8 t. salt	1 baked 9 inch pie shell
4 eggs, separated	Pinch salt

Combine sugar, flour, cornstarch and salt. Pour on boiling water and cook over medium heat, stirring constantly until mixture has thickened and no longer tastes starchy. Beat the egg yolks, pour the hot mixture slowly over them, stirring constantly. Cook 2 minutes, just until mixture thickens. Remove from heat, add butter, lemon juice and rind. Cool slightly, pour into prepared shell. Cover with meringue. To make meringue beat egg whites with a pinch of salt until stiff but not dry, beat in the 8 T. of sugar a tablespoonful at a time, continue to beat until mixture is very stiff and sugar is dissolved. Swirl meringue on top of warm filling, be sure it touches the edge of the crust all around or it may shrink and slip when cut. Have the top fairly smooth for it will brown more evenly if you do. Bake at 450 degrees for 4 to 5 minutes. COOL AT ROOM TEMPERATURE, then place in refrigerator until chilled and ready to serve.

POTATO PUFFS
(Bake with Fish)

3 c. mashed potatoes	2 T. butter
1 c. hot milk	1/4 c. grated American cheese
2 eggs, separated	1 t. parsley
1 t. salt	

Add beaten egg yolks to mashed potatoes. Add salt, parsley, milk and butter. Mix well. Fold in stiffly beaten egg whites. Drop by spoonfuls onto a well buttered flat baking dish. Place cakes about 1 inch apart. Sprinkle with cheese. Bake at 350 degrees 30 minutes.

TRUDY McNALL'S

HOME COOKING RECIPES

September 29 - October 10, 1958

September 29, 1958

BARBECUED SWEET-SOUR SPARERIBS

2-3 pounds of pork spareribs	2 T. butter
Salt and pepper	1 #2 can pineapple tidbits, undrained (2 1/2 cups)
1/4 c. chopped onion	4 T. vinegar
1/4 c. chopped green pepper	1 T. soy sauce
1/4 c. chopped celery	1 T. cornstarch

Spread spareribs, meaty side up, in shallow pan; season with salt and pepper; roast at 400 degrees for 30 minutes. Cook onion, green pepper and celery in butter for about 5 minutes. Sprinkle with cornstarch; stir. Add pineapple; cook and stir until mixture thickens; add vinegar and soy sauce. Pour off excess fat and cover spareribs with hot pineapple sauce. Return to oven and bake at 350 degrees for about 45 minutes, basting occasionally, until brown and tender. Serves 4 to 6.

TRUDY'S NEW CHOCOLATE CAKE

(A light-colored, very tender, moist chocolate cake)

1 package German Sweet Chocolate	1 t. salt
1/2 c. boiling water	1 t. vanilla
3/4 c. shortening	1 t. soda
1 3/4 c. sugar	1 c. Dairy Sour Cream
4 eggs, separated	2 1/2 c. flour

Melt chocolate in boiling water. Cream shortening and sugar, add egg yolks, one at a time, beating well after each addition. Add cooled chocolate mixture and blend well. Stir in salt and vanilla. Dissolve soda in sour cream and add alternately with flour to chocolate mixture. Fold in stiffly beaten egg whites. Bake in a loaf pan 13 x 9 x 2 1/4 inches that has been greased and floured. Bake at 350 degrees for 50 to 60 minutes or until done. Frost with Chocolate Confectioners Frosting . . . see Special Frosting Issue, August 25, 1958.

BAKED SUCCOTASH

(A vegetable to bake with spareribs)

1 package frozen corn	Dash pepper
1 package frozen baby lima beans	1 c. canned tomatoes
3/4 t. salt	1 T. butter

Prepare a package of frozen corn and lima beans by striking each against a firm surface to separate pieces. Turn into lightly buttered 1 1/2 quart baking dish. Sprinkle vegetables with salt and pepper. Heat tomatoes and pour over vegetables, dot with butter. Cover and bake with spareribs at 350 degrees for 45 minutes. Serves 4 to 6. Note: You may use frozen cut green beans in place of limas if you prefer.

September 30, 1958

BIRD'S NEST PUDDING

(A delicious apple dessert)

8 New York State tart apples	1 c. flour
1/2 c. brown sugar	1 t. baking powder
1/2 t. cinnamon	1/2 t. salt
1/2 t. nutmeg	1/2 c. sugar
1 T. butter	3 T. butter
	1 egg
	1/2 c. milk

Peel, core and slice apples into 9 inch buttered pie plate. Sprinkle with combined 1/2 c. brown sugar and spices. Dot with the 1 T. butter. Sift flour, baking powder and salt. Cream the 3 T. butter with 1/2 c. granulated sugar. Beat in egg. Add dry ingredients alternately with remaining ingredients. Spread batter over apples and bake at 350 degrees for 50 minutes or until apples are tender and cake is golden brown. Serve warm with Lemon Sauce.

LEMON SAUCE

2 T. butter	1 T. flour
1 c. sugar	3 T. lemon juice
Pinch salt	Grated rind 1 lemon

Combine all ingredients. Cook, stirring constantly until sugar is dissolved and mixture boils. Simmer 4 to 5 minutes, stirring occasionally. Keep hot in double boiler. Note: You may use vinegar in place of lemon juice if desired, omit lemon rind.

STUFFED PORK CHOPS

4 thick pork chops	1/2 t. salt
3 T. butter	1/4 t. pepper
1 medium sized onion, chopped	1 c. chicken broth or bouillon
1/3 c. chopped celery	4 slices tomato
1 c. soft bread crumbs	

Melt butter in frying pan, saute onion and celery until tender but not brown. Put vegetables into bowl with bread crumbs, salt, pepper and enough chicken broth to moisten, about 3 T. Brown chops in same frying pan and transfer to shallow baking pan. Place a mound of stuffing on each chop, cover with thick slice of tomato. Pour remaining broth into the pan. Cover and bake at 350 degrees with pudding for 50 to 60 minutes. If desired pan may be uncovered during last 10 minutes of baking. If you wish to use a pan that does not have a tight cover remember, you can use aluminum foil to cover any pan.

BAKE A VEGETABLE

Place solid frozen vegetable in greased casserole, top with 1 to 2 T. butter and 1/2 t. salt. Add 2 T. water. Bake about 45 minutes for most vegetables. 15 minutes before baking time is completed, remove from oven and stir thoroughly. Cover and return to oven to complete baking. Stir vegetable again when serving.

October 1, 1958

This is Cheese Festival Month and National Rice Harvest Festival Month.

CHURCH SUPPER CASSEROLE

(So named because it will keep hot for almost an hour if wrapped in newspapers. A hearty casserole using cheese, rice and fish or meat. Nice for home supper too, of course.)

3 T. butter	1 1/2 c. cooked chicken, leftover meat, diced, tuna fish
2 c. hot cooked rice	1 c. cooked peas, drained
1/2 pound Cheddar cheese, grated	1 can (4 oz.) mushrooms drained
1 c. rich milk or light cream	1 c. buttered crumbs or crushed potato chips
1/2 t. salt	

Add butter to hot rice, and stir until well blended. Combine cheese, cream and salt. Cook over low heat until cheese is melted. Place a layer of rice in buttered 2 quart casserole, next a layer of chicken, meat, or fish, then peas and mushrooms. Repeat, ending with a layer of rice. Pour cheese sauce over all, top with buttered crumbs or potato chips. Bake at 350 degrees for 45 minutes. Serves 6-8.

TROPICAL STRAWBERRY JAM

(For Christmas giving. . .or make some for the church bazaar.)

1 #2 can crushed pineapple, undrained (2 1/2 c.)	Juice of 3 oranges
10 oz. package frozen strawberries	Grated rind 1 orange
Juice and rind 1 lemon	4 1/2 c. sugar
	1/2 bottle liquid pectin
	Jelly glasses

Mix crushed pineapple and frozen berries in large saucepan; add grated peels, juice and sugar. Boil rapidly for 1 minute, remove from heat and stir in liquid pectin. Stir and skim for 5 minutes. Pour into sterilized glasses and seal with paraffin at once if using jelly glasses or place hot lids on top of the new easy seal half pint tapered jars. Makes 12 4-ounce glasses or 6 8-ounce jars. Wrap in red cellophane for Christmas giving.

October 2, 1958

STAR MARKET DAY. . .Shop Star Markets for "Menu of the Week" featuring top values and best buys of the week.

October 3, 1958

BAKED STUFFED FISH WITH BROWN RICE

(The fresh-water lakes, rivers and streams of our country yield some wonderfully good eating. Trout, whitefish, wall-eye pike, yellow perch and pickerel are the most common. You'll find there's nothing better than a whole fish stuffed and baked. Have fish dealer bone, clean and scale the fish and remove head and tail. Sprinkle the fish inside and out with salt. Stuff as below. Fasten with skewers or tie with string to hold fish in place. Place stuffed fish on a buttered oven-proof platter or on aluminum foil, bake at 350 degrees for 40 to 60 minutes, or until fish will flake easily when tested with a fork.)

BROWN RICE STUFFING

2 T. chopped celery	Salt and pepper
2 T. bacon fat, shortening or butter	1/2 t. chopped parsley
1 c. cooked brown rice	1 t. minced onion
	4 T. hot water

Cook celery in fat for several minutes; add remaining ingredients and mix well. Makes enough stuffing for 3-pound fish. Increase recipe when stuffing larger fish. 3-pound fish should be done in 40 minutes. 5-pound fish will take 50 minutes.

A New Dessert Ides . . .

ICE BOX COOKIE PIE

(Ice box cookies from your grocer's dairy case makes a lovely crust, in your choice of four flavors -- butterscotch nut, toasted coconut, crunchy peanut or vanilla sugar cookies. No fuss with rolling pin, all you do is to slice the cookie roll, arrange the slices in a pie pan, bake for 8 to 9 minutes. Fill with your favorite filling or ice cream, or try this filling:

ORANGE 'N LEMON COOKIE PIE

1 roll Pillsbury Refrigerated Ice Box or Sugar Cookies	2 unbeaten egg yolks
1 t. grated orange or lemon rind	Few drops yellow food coloring
1/4 c. orange juice	2 unbeaten egg whites
1/4 c. lemon juice	1/4 t. cream of tartar
	1/4 c. sugar
	1 can (15 oz.) sweetened condensed milk

Line the bottom of ungreased 8-inch pie plate with thin slices of cookie dough; press out evenly. Line side of pan with more slices, overlapping

Orange 'n Lemon Cookie Pie (Cont.)

slightly to form scalloped edge. Bake at 375 degrees for 8 to 9 minutes. Cool. Combine grated rind, orange and lemon juice. Empty condensed milk into mixing bowl; gradually stir in juice mixture. Add egg yolks and yellow coloring; beat until well blended. Pour into cooled pie shell. Combine egg whites and cream of tartar; beat until soft mounds form. Gradually beat in sugar and beat until meringue is stiff and glossy. Spread over filling, sealing to edge. Bake at 325 degrees for 15 minutes or until brown. Cool.

October 6, 1958

This is National Fish Week and we'll be featuring several fish items during this week.

SCALLOPS for 2 or more

Figure on 1/4 pound of scallops per person. Arrange each serving in a well buttered scallop shell. (You can buy these in most department stores . . . they're so inexpensive . . . add eye appeal to your table and can be used over and over again. Scallops may be broiled in the broiling pan if scallop shells are not available.) Use juice of half a lemon for every 2 servings. Sprinkle with salt and pepper and dot with butter. Place in the broiling compartment about 2 inches from heat, broil 5 to 8 minutes. DO NOT OVERCOOK. Serve with lemon wedges, cucumber slices, a big tossed salad and plenty of hot rolls and butter.

STEAMED CLAMS for 2

Allow 10 to 15 clams per person depending upon size of clams and appetites. Scrub them well and rinse in several changes of cold water to get out all the sand possible. Put them in a large deep saucepan with 1 cup of water for 20 to 30 clams. Add a dash of pepper -- NO SALT FOR THE CLAMS ARE SALTY THEMSELVES. Cover and steam over low heat until shells open, about 5 to 10 minutes. Serve hot in their shells with a cup of clam broth and melted butter. Note: When eating clams, dip them first into the broth and then into the melted butter. Delicious as a first course to any meal.

BROCCOLI WITH LEMON BUTTER
A wonderful vegetable with fish

1 bunch fresh broccoli or 2 packages frozen
1/4 c. butter
1 t. flour
1/2 c. water
2 T. lemon juice

Cook broccoli. Serve with sauce made by melting butter, blending in flour, adding water and lemon juice and cooking until smooth, stirring constantly. Serves 6.

APPLESAUCE MOLASSES UPSIDE DOWN CAKE

1/4 c. butter
3/4 c. brown sugar
2 c. applesauce
2 1/2 c. flour
3/4 t. baking soda
1 3/4 t. baking powder
3/4 t. salt
1/2 t. ginger
1 c. molasses
3/4 c. sour milk or buttermilk
2 eggs, beaten
1/2 c. melted butter or shortening

Melt 1/4 c. butter in 9 x 9 x 2" pan; evenly distribute the brown sugar over the butter. Spread applesauce over sugar. Sift flour, baking soda, baking powder, salt and ginger in bowl. Combine molasses, sour milk, eggs, and melted butter or shortening. Add to dry ingredients and mix until smooth. Pour over applesauce in pan. Bake at 375 degrees for 1 hour. Cool 5 minutes and turn upside down on serving plate. 9 servings.

October 7, 1958

BUTTERMILK FRIED CAKES

4 c. flour
2 t. baking powder
1/2 t. soda
1 t. salt
1/2 t. cinnamon
1/4 t. nutmeg
3 T. shortening
1 c. sugar
1 c. buttermilk or sour milk

Mix and sift flour, baking powder, soda, salt, cinnamon and nutmeg. Cream shortening and sugar, add eggs and beat until smooth and creamy. Add sifted dry ingredients alternately with buttermilk. Roll dough 1/2 inch thick on lightly floured surface. Cut with doughnut cutter. Fry in deep fat at 350 degrees until golden brown, turning once. Drain on absorbent paper. Makes 3 dozen. Frying time: about 1 1/2 minutes on each side. DOUGHNUT DATA TO HELP YOU: Chill dough for about 2 hours before rolling if possible. Roll only part of the dough at a time, about 1/3. But roll and cut all doughnuts before you start frying. Drain fried doughnuts on several thicknesses of absorbent paper.

SMOTHERED HAMBURGS

1 c. stale (not dry) bread crumbs
1/2 c. milk
1 pound ground beef
1 onion, chopped
1 egg
1 t. salt
Dash pepper
1 can condensed vegetable soup or onion soup
1/3 c. water

Soak bread crumbs in milk. Mix all other ingredients except soup and water. Form meat into patties and brown in small amount of fat. Combine soup and water and pour over patties. Cover and simmer 20 minutes. Makes 4 servings.

October 8, 1958

"SOUPER" BARBECUED PORK ROAST

3 to 5 pound shoulder or loin pork roast
1/3 c. chopped onion
1/3 c. chopped celery
1 small clove garlic, minced
1 can condensed tomato soup
3 T. brown sugar
2 T. Worcestershire sauce
2 T. Nance's Mustard Supreme
2 T. vinegar
4 drops Tabasco
2 T. shortening

Place pork roast in shallow pan. Roast in slow oven 325 degrees 45 minutes per pound of meat. About 1 hour before roasting time is up, pour off drippings. Pour sauce over meat, spooning sauce over meat often. To make sauce: Saute onion and celery in shortening until soft, add remaining ingredients and simmer about 10 minutes. Makes 2 cups sauce. Delicious on broiled steaks, chops, chicken, baked spareribs, meat loaf or frankfurters.

Note: Bake potatoes and a frozen vegetable with the roast, also a delicious Apple-Tru dessert.

APPLE-TRU CRISP

2 cans Apple-Tru
1/2 c. sugar
1 T. lemon juice
1/4 c. water
2 T. cinnamon
1/2 c. flour
1 2/3 c. quick cooking oatmeal
1 t. salt
3/4 c. brown sugar
1/2 c. melted butter
Light cream or Ice Cream

Combine Apple-Tru slices, sugar, lemon juice and 1 t. of the cinnamon. Place in buttered 9 inch square pan. Make crumb mixture by combining flour, oatmeal, salt, 3/4 c. brown sugar, 1 t. cinnamon, and melted butter. Sprinkle crumb mixture over apples. Bake at 325 degrees for 1 1/4 hours or until topping is delicately browned. Serve warm with light cream or ice cream. Serves 9.

Favorite Cookie Recipe of 1953 "Home Cooking"
DATE BARS

3/4 c. shortening
1 c. brown sugar
1 3/4 c. flour
1/2 t. soda
1 t. salt
1 1/2 c. rolled oats
3 c. cut-up dates (1 pound)
1/2 c. sugar
1 1/2 c. water

Combine dates, 1/2 c. sugar and water. Cook 10 minutes until thickened, stirring constantly. Cool. Cream sugar and shortening together, sift flour, soda and salt. Add flour to sugar mixture, add rolled oats. Mix well. Press half of mixture into greased 13 x 9 inch pan. Spread date mixture over crust. Top with remaining crumbs, patting lightly. Bake at 400 degrees for 30 minutes. Cut into bars while warm and remove from pan. Makes 3 dozen.

October 9, 1958

Shop STAR MARKETS today.

October 10, 1958

CRACKER-BAKED HALIBUT

1 carrot
1 stalk celery
1 small onion
4 T. butter
2 pounds halibut steaks
1 c. cracker crumbs
Salt and pepper
1 egg
1 T. lemon juice

Finely chop celery and onion. Melt 2 T. butter and stir vegetables into it. Spread buttered vegetables in the bottom of a baking dish large enough to hold fish steaks. Beat egg with lemon juice. Dip fish steaks in egg, coat with crumbs. Place on bed of vegetables. Melt remaining 2 T. butter and sprinkle over fish steaks. Bake at 375 degrees for 15 to 20 minutes or until fish flakes easily when tested with a fork.

TUNA-MACARONI BAKE

8 ounces BRAVO elbow macaroni
3 T. butter
1 can tuna fish
1 can condensed pea soup
1 small can evaporated milk
1 c. grated cheese
1 medium onion, minced
1 green pepper, chopped
1/2 t. salt
Dash pepper
2 pimientos

Cook macaroni according to directions on package. Turn into buttered 2 quart casserole. Add butter and toss macaroni until butter is melted. Add soup, milk, onion, green pepper, salt, pepper and pimiento (save a little for garnishing), blend well. Stir in 1/2 c. of the cheese. Sprinkle top with remaining cheese. Bake at 375 degrees for 20 to 25 minutes. Garnish top with pimiento and parsley. Serves 4 to 6.

Try a Glamour Dessert for the Week-End. . .
COCONUT ANGEL PIE

16 graham crackers, crumbled (1 1/3 c. crumbs)
1/2 c. melted butter
4 egg whites
1/4 t. salt
1 t. vinegar
1 c. sugar
1 1/2 c. Genesee Country Medium or Heavy Cream
1 c. shredded coconut
2 T. sugar
1 t. vanilla
1 c. sliced peaches or bananas, if desired

Combine graham cracker crumbs and melted butter; pat firmly into 9 inch pie plate. Beat egg whites until frothy; add salt and vinegar; beat until stiff. Gradually add the 1 cup sugar about 2 tablespoons at a time, beating thoroughly after each addition. Spread in crumb-lined pan. Bake at 275 degrees for 1 1/4 hours. Cool. Toast 1/2 c. coconut. Whip cream; fold in remaining 1/2 c. coconut, 2 T. sugar and vanilla. Arrange peach or banana slices on cool meringue. Spread with whipped cream. Sprinkle with toasted coconut. Chill. Serves 6.

TRUDY McNALL'S
HOME COOKING RECIPES
October 13 - 24, 1958

October 13, 1958

BUSY DAY DRIED BEEF CASSEROLE

1/4 pound dried beef
1 T. butter
1 can condensed mushroom soup
1/2 c. milk
1 T. sherry (optional)

Melt butter in skillet, saute beef for several minutes. Add soup and milk and blend well. Just before serving add sherry. Delicious served with baked potatoes or canned fried noodles or in the center of a noodle or rice ring.

PARTY IDEA. . .

FRENCH'S ITALIAN DIP

1 package French's Spaghetti Sauce
1 pint Dairy Sour Cream
1 T. minced dried onion

Combine all ingredients. Chill. Serve with potato chips.

RASPBERRY SQUARES

1 c. flour
1 t. baking powder
1/2 c. butter or shortening
1 egg
1 T. milk
1/2 c. raspberry jam
4 T. butter
1 egg
1 c. sugar
1 can coconut
1 t. vanilla

Sift flour, baking powder, cut in butter with pastry blender until mixture is like fine meal. Add slightly beaten egg and milk and blend well. Spread dough over bottom of 8-inch square pan, cover with a layer of jam. Combine the 4 T. butter, egg, sugar, and coconut. Add vanilla. Spread over top of jam. Bake at 350 degrees for 30 minutes. Cool. Cut into squares. Yield: 16 squares.

POPPING POPOVERS

1/2 t. salt
1 c. flour
1 c. milk
3 eggs
1 T. melted butter

Combine all ingredients, beat with rotary beater until smooth. Pour batter into greased custard cups, filling them one third full. Bake at 400 degrees for 35 minutes. Yield: 10. Tip: Mix popover batter and store in refrigerator overnight. In the morning pop the popovers into the hot oven and surprise the family for breakfast. Incidentally, popovers make a pretty fancy dessert, too. Just slice off their tops, fill with ice cream or fruit and garnish with whipped cream. Put the tops back on again like little hats.

October 14, 1958

PORK SHOULDER STEAKS ORANGE DRESSING MOUNDS

4 pork shoulder steaks, cut 1/2 inch thick
2 T. shortening, if necessary
1 t. salt
Dash pepper
1 egg, beaten
2 t. grated orange rind
1/4 c. finely chopped onion
1/2 c. chopped celery
2 1/2 c. soft bread crumbs
1/2 t. poultry seasoning
1/4 t. salt
1/2 c. orange juice

Brown steaks in own fat or shortening. Pour off drippings. Season with 1 t. salt and pepper. Combine egg and orange juice, add remaining ingredients. Shape orange dressing mounds by pressing bread mixture into 1/3 c. measure. Place a mound of dressing on each chop. Cover tightly and simmer 30 minutes. Remove cover and continue simmering 15 minutes.

PASTRY BANK

Pie's quick as scat this way. When preparing pie crust, make extra dough (using Daisy Pastry Flour, of course). Roll out rounds to fit your pie plates, stack on heavy cardboard with freezer paper or cellophane between pastry layers. Place in a large plastic bag, tie, freeze. Take pastry from freezer about 10 minutes before you are ready to use the crust and shape pastry into pie plate.

SOUR CREAM PUMPKIN PIE

1 1/2 c. Dairy Sour Cream
1 1/2 c. pumpkin puree
3 eggs, separated
1 c. brown sugar
3/4 t. cinnamon
1/2 t. nutmeg
1/4 t. ginger
1/4 t. salt
1--9 inch lightly baked pie shell

Heat 1 cup of the sour cream in top of double boiler. In mixing bowl combine brown sugar, 1/2 c. sour cream, pumpkin puree, beaten egg yolks, spices and salt. Add slowly to hot cream and cook over hot water, stirring constantly until thick and smooth. Cool the custard. Fold in stiffly beaten egg whites. Pour into lightly baked pie shell. Bake at 350 degrees for 20 to 30 minutes or until top is lightly browned. Serve with whipped cream.

October 15, 1958

CRISPY CHICKEN CASSEROLE

1 cut-up frying chicken or favorite chicken parts
Flour
Pepper
1 can cream of mushroom soup
1/2 package onion soup mix
1 can (3 ounces) chow mein noodles
1/2 soup can milk
Parsley

Arrange chicken in buttered shallow casserole. Sprinkle lightly with flour and pepper. Combine mushroom soup, milk, and onion soup mix. Pour over chicken, sprinkle with chow mein noodles. Bake uncovered at 350 degrees for 1 hour or until chicken is tender when tested with fork. Sprinkle with parsley before serving. 4 servings.

CINNAMON ALMOND CAKE

From Sunset Magazine. . .a delicious delicate spiced butter cake. A nice choice for a P.T.A., Church, or Pot-Luck Supper.

1/2 c. butter
1 c. sugar
2 c. cake flour
3 t. baking powder
1/4 t. soda
1/4 t. salt
2 t. cinnamon
2/3 c. milk
3 egg whites
Confectioners sugar frosting
1/4 c. slivered toasted almonds for garnishing

Cream butter and sugar until fluffy. Sift flour, baking powder, soda, salt and cinnamon; sift together twice more. Add dry ingredients alternately with milk to creamed mixture, mixing until smooth. Beat egg whites until stiff, and fold in. Spoon batter into 2 greased and floured 8 inch round layer cake pans. Bake at 350 degrees for 30 minutes. When cool, frost with butter frosting and garnish with almonds. Makes 12 servings. Note: For a complementary flavor in the frosting, add a pinch of grated lemon peel --if you don't want to bother with grating it yourself remember it is now available bottled, ready to use.

October 16, 1958 STAR MARKET DAY

October 17, 1958

A CLAM BAKE with Bud Palmer, Palmer's Fish Market, 141 State Street, Rochester, N.Y.

PREPARATION OF A CLAM BAKE: Wash clams with a hand brush and place 12 to 18 clams in a cheese cloth bag. The clam bag should be tied so the clams are packed loosely. These clams should be washed thoroughly so the broth does not contain the dirt from the clams. Be sure the shell of the clam is tightly closed, otherwise the clam is dead and unfit for use. Portion per person--1 to 2 dozen clams. Prepare and wash sweet potatoes and corn on the cob. Portion per person--1 of each. Wash and prepare broilers. Portion--1/2 broiler per person. Place live lobster, lobster tail or fish fillet on a tray. If fish fillet is used, wrap each portion of fish in cheese cloth. (Haddock fillet is very good.)

PACKING THE STEAMER: Place vegetables on the first tray and set it in the steamer. Place broilers and lobsters on the second tray and place it in the steamer. Place the bags of clams in the third tray and set it in the steamer. Fill a clam bag with celery leaves, a green pepper, an onion, a tomato, and some parsley. Place this bag on top of the clams. Place a medium-size potato on top of the clams. When this potato is cooked the entire clam bake is ready to serve. Pour water in steamer until 1 1/2 inches high. place steamer on fire. Cooking time of clam bake is approximately 2 1/2 hours. Broilers can be removed at the end of two hours if one would like to broil them over charcoal or brown them in the oven. About 1/2 hour before serving the steamed clams, melt butter in sauce pan. About 1 pound of butter is needed for every 8 persons. Note: If one does not have a clam steamer, it is possible to prepare the various foods in separate kettles. The Clam Steamer is used so that the juice from the clams seeps through the food and the combination of all the food juices makes the delicious broth at the bottom of the clam steamer.

CLAM BAKE MENU AND METHOD OF SERVING

1. Shrimp cocktail and sauce.
2. Draw off clam broth, add butter, celery salt and lemon juice if desired. Test broth for strength. If broth is too strong, add hot water to dilute. Serve clam broth throughout the entire clam bake.
3. Serve 1 bag of clams per person and if desired, along with melted butter. The melted butter can be mixed with tomato soup and lemon juice if desired.
4. Next serve the lobster with a white potato, cole slaw and melted butter. The lobster should be split before serving.
5. Serve the half-broiler with sweet potato and corn on the cob. Pour melted butter over the chicken, potato and corn on the cob. If corn on the cob is not in season, canned or frozen corn is very acceptable.
6. Dessert is optional but a small slice of cantaloupe or ice cream tops off the clam bake.

CORRECTION PLEASE. Add 1/3 cup flour to Lemon Bars, September 22, 1958.

October 20, 1958

(Getting ready for the holidays--2 recipes to make right now and put away to ripen for Christmas.)

BEST FRUIT CAKE

(Rich, dark and delicious)

For 5 pounds cake	Ingredients	For 15 pounds cake
2 pounds	Mixed candied fruits	6 pounds
1 c.	White raisins	1 pound
1 c.	Seedless raisins	1 pound
1 c.	Currants	1 pound
2 c.	Pecans	2 pounds
1/3 c.	Flour for dredging	1 c.
1 1/3 c.	Flour for mixing	4 c.
1 t.	Cinnamon	1 T.
1 t.	Allspice	1 T.
1/4 t.	Mace	3/4 t.
1/4 t.	Nutmeg	3/4 t.
1/4 t.	Baking soda	3/4 t.
3/4 t.	Salt	2 t.
2/3 c.	Shortening	1 pound
2/3 c.	Brown sugar	1 pound
4	Eggs	12
1/3 c.	Molasses	1 c.
2/3 c.	Strawberry jam	2 c.
1/3 c.	Fruit juice or brandy	1 c.

(You may purchase aluminum foil pans at Atlantic Supply for baking cakes that do not require any greasing or you may grease and line with heavy waxed paper if you wish to remove cakes from pans for easy storing and have the pans to use over again or to give the cakes away as gifts--then they are nice and clean.) You may wish to select and grease pans as desired and line with heavy waxed paper. Prepare fruits and nuts and collect other ingredients before starting to mix. Mix fruits and nuts in large container (I use my cold pack canner for mixing 15 pounds). Sprinkle with dredging flour and mix well. Sift mixing flour, spices, soda and salt. Cream shortening and sugar. Add egg yolks one at a time, mixing well after each addition. Add molasses and jam and blend well, stir in fruit. Beat egg whites until stiff but not dry, fold into batter. Turn batter into pans and bake at 275 degrees as follows: Bake 1-pound cakes 2 1/2 hours. . .2-pound cakes 3 hours. . .3-pound cakes 3 1/2 to 4 hours. . .5-pound cakes about 4 hours.

FRUITCAKE COOKIES

(Make now for the holidays, takes the place of fruit cake. . .easier to make. . .ripen just like fruit cake.)

1/4 c. butter or shortening	1/2 t. cinnamon
1/2 c. brown sugar	1/2 t. nutmeg
1/4 c. jelly (any kind)	1 pound broken pecans
2 eggs	1 pound seedless raisins
2 t. soda	1/2 pound candied cherries, chopped
1 1/2 T. milk	1/2 pound candied pineapple, chopped
1 1/2 c. flour	1/2 pound citron, chopped
1/2 t. allspice	
1/2 t. cloves	

Cream butter, sugar, jelly and eggs. Dissolve soda in milk and add to creamed mixture. Gradually add half the flour sifted with the spices. Dredge fruit and nuts with remaining flour and stir into batter. Mix well. Drop from tip of spoon onto lightly greased cookie sheet. Decorate tops with sliced candied cherries if desired. Bake at 300 degrees for about 20 minutes. Yield: 10 dozen. Note: To ripen, place in tightly covered tin box.

October 21, 1958

HAWAIIAN YEAST ROLLS

(A new recipe and a brand new way to make quick yeast breads, yet still maintain the wonderful flavor and texture of those grandma used to make. Anything from these Hawaiian Yeast Rolls to pizza can be made with this new recipe with just a few additions.)

3/4 c. drained crushed pineapple	1 egg
1/2 c. brown sugar	1 T. granulated sugar
1/4 t. soft butter	2 1/2 c. Bisquick
1/2 c. warm water	2 T. butter
1 pkg. active dry yeast	1/2 c. brown sugar

Mix pineapple, 1/2 c. brown sugar, and 1/4 c. soft butter. Divide among 12 large greased muffin cups. Dissolve yeast in warm water. Mix in egg, 1 T. sugar and Bisquick; beat vigorously. Turn dough onto surface well dusted with Bisquick. Knead until smooth, about 20 times. Roll into rectangle 16 x 9". Spread with 2 T. butter and 1/4 c. brown sugar. Roll up tightly, beginning at wide side. Seal well by pinching edge of dough into roll. Slice into 12 slices. Place in prepared muffin cups. Cover with damp cloth and let rise in warm place 45 minutes to 1 hour. Bake 15 minutes at 400 degrees. Invert pan and serve warm.

QUICK CHILI CON CARNE

1/2 pound ground beef	1/2 t. salt
1 large onion, chopped	Dash cayenne powder
2 cloves garlic, minced	Dash black pepper
2 to 3 t. chili powder	1 can tomato soup
1 T. shortening	1/2 c. tomato juice
	2 cans red kidney beans, undrained

Cook beef, onion, garlic and chili powder in shortening until meat is lightly browned. Blend in remaining seasonings, add soup, juice and kidney beans. Cover and simmer about 30 minutes. Stir frequently. Remove cover and cook to desired consistency. Makes 6 servings. Note: If desired, 1 c. shredded process cheese may be added for last 5 minutes cooking time.

October 22, 1958

MOCK SWISS STEAK

1/4 c. flour	2 T. shortening
1/4 t. salt	1 c. water
Dash pepper	1 can condensed vegetable soup
1 1/2 pounds round steak (about 3/4 in. thick)	

Combine flour, slat and pepper. Pound into steak. In large skillet brown steak on both sides in shortening, add water. Cover and simmer for 45 minutes or until meat is tender. Remove cover; cook down excess liquid, pour in vegetable soup. Heat. 4 to 6 servings.

SOUR CREAM BANANA CAKE

(Serve when friends drop in for a coffee break . . .no frosting is necessary.)

2 eggs, separated	1/2 t. cloves
1/2 c. butter	1/2 t. salt
1 1/2 c. brown sugar	1/2 c. mashed bananas
2 c. flour	1/2 c. Dairy Sour Cream
1 t. soda	1 t. vanilla
1 t. cinnamon	1/2 c. finely chopped nuts

Beat egg whites until stiff but not dry. Cream butter, sugar well, beat in egg yolks. Sift flour, soda, spices and salt. Combine bananas and sour cream. Add dry ingredients to creamed mixture alternately with banana mixture. Fold in vanilla and egg whites. Pour into greased and floured 9 inch square pan. Sprinkle with chopped nuts. Bake at 350 degrees for 45 minutes or until cake is done. Cut in squares. Delicious warm.

October 24, 1958

BAKED FISH FILLETS IN SHERRIED CRAB SAUCE

6 medium fish fillets (sole, ocean perch, cod, flounder, haddock)	1/4 c. butter
2 c. milk	1/4 c. flour
1 t. salt	3 T. sherry
Pepper	1 c. flaked fresh or canned crab meat
	Dash paprika

If fish fillets are longer than 8 inches, split them lengthwise. Roll each one up, secure with a toothpick, if necessary, and place in a shallow casserole or in a 10 x 6 x 2 inch baking dish. Pour milk over fish; sprinkle with salt and pepper. Bake at 350 degrees, 25 to 30 minutes, or until fish flakes easily when tested with a fork. Then remove the dish from the oven; set temperature control for broiling. Pour off the milk from the casserole into a small saucepan. Mix butter and flour to a paste; turn into hot milk and cook, stirring constantly, until thickened and smooth. Stir in sherry and crabmeat. Pour sauce over fish in casserole, sprinkle with paprika. Broil 3 to 4 minutes, or until browned. 4 servings. Note: If fillets are too thick to roll up, cut them in serving pieces and arrange in a shallow casserole.

A CRADLE CAKE "For a Baby Shower"

Are you planning a baby shower? And would you like a real show stopper for the buffet table? This cake is the answer. So easy to make.

You will need three cakes, made from your favorite recipe and tinted pink. Bake two of the cakes in oblong tins 10 1/2 by 6 1/2 inches. These make the main length of the cradle. The third cake is baked in round (8 inch) layers. You will need 2 and they are cut to make the headboard and the footboard of the cradle.

To make the headboard, cut the first round layer at the two-thirds "mark"; that is, two-thirds of this layer is the size for the headboard, upended. (The remaining third is set aside.) The footboard is a little smaller, to give the right cradle shape, so make this by cutting the second layer directly in half. (Set aside the other half of this layer.) The cutting of both layers should be done when cakes are entirely cold.

When the three cakes are baked and cooled, put the two oblongs on top of each other for the cradle's length. Frost between the two oblongs and all around the sides and ends. Then press the head and footboards firmly in their places and put icing over the boards, so it blends in with the icing on the length. For a pillow, use some of the cake that was set aside, making the pillow in proportion.

Mix up a batch of Butter-creme Frosting for frosting and decorating. (See Special Icing Sheet for recipe.) Leave icing for frosting cake white. When cake is all iced, divide remaining frosting into 3 bowls. You will want one-sixth of frosting for green, two-sixths for blue, and three-sixths for pink.

With a No. 1 or 2 decorating tip, make a quilted effect (in blue) on top of the cake by drawing lines from corner to corner diagonally. When finished you should have diamond shapes about one inch large. Decorate the pillow the same way only smaller diamonds. Around the sides of the cradle make a fringed effect by drawing the tube down in wavy lines. Around the top edge of the cradle use No. 5 tip and draw a line around the bedspread. All blue icing so far. Now, for the pink icing. In the center of each diamond place a pink rosette with one silver shot for its center. On the outside of the headboard and the footboard make larger rosettes following the line of the cake. Outline the top of the headboard with pink icing. Center the rosettes with silver shot. Add green leaves to the rosettes on the ends of the cake. Place a doll "baby" in bed, and your confection is done.

WROC - Television
Channel 5

TRUDY McNALL'S HOME COOKING RECIPES

October 27 - November 7, 1958

Weekdays
2:30 P.M.

October 27, 1958

MENU: Apple Raisin Stuffed Pork Chops, Peas and Carrots, American Fried Potatoes, Honey Biscuits, Little Spice Gems, Beverage.

APPLE RAISIN STUFFED PORK CHOPS

6 rib pork chops, cut 1 inch thick	1/2 c. raisins
1/4 c. milk	1 T. melted butter
1 c. soft bread crumbs	2 T. shortening
1/8 t. salt	1 t. salt
1 c. finely chopped, peeled apple	1/8 t. pepper

Make a pocket in each chop by cutting into the chop along the bone. (Chops cut from this side hold the stuffing better.) Pour milk over bread crumbs. Stir in 1/8 t. salt, apple, raisins, and melted butter. Stuff chops with mixture using about 1/4 c. for each chop. Brown chops on both sides in shortening. Pour off drippings. Season chops with 1 t. salt and pepper. Cover tightly and simmer 45 minutes to 1 hour or until done. 6 servings.

HONEY BISCUITS

(Make these for your favorite "honey.")

2 c. flour	4 T. shortening
3 t. baking powder	3/4 c. milk
1 t. salt	2 T. honey

Sift flour, baking powder and salt. Cut in shortening with a pastry blender. Combine milk and honey and add to first mixture. Turn out onto lightly floured surface and knead for 20 strokes. (This develops the gluten and gives the biscuits good volume and texture.) Roll out 1/2 inch thick and cut into rounds with a 2-inch cutter. Do not twist the cutter or the sides will be uneven. Place on ungreased baking sheet. Bake at 425 degrees for 12 to 15 minutes. Yield: 12 to 14 biscuits.

LITTLE SPICE GEMS (A Cookie)

3 1/4 c. cake flour	3/4 t. ginger
3 1/4 t. baking powder	3/4 t. cloves
1/2 t. salt	1/2 t. soda
1/2 c. sugar	1 egg, well beaten
1 t. cinnamon	1/3 c. melted butter
1 c. molasses	

Sift flour, baking powder, salt, sugar, spices, and soda. Combine egg, butter and molasses in bowl. Add flour mixture and blend. Chill until firm enough to shape. Shape into small balls about 3/4 inch in diameter. Roll in sugar or tiny colored candies. Bake on lightly greased baking sheet at 375 degrees about 10 minutes. Yield: 5 dozen.

October 28, 1958

Some ideas today for "Halloween"...to give you plenty of time to get ready for the "Tricks or Treats" crowd.

DOUGHNUTS

1 3/4 c. milk	1/4 c. lukewarm water
1/2 c. sugar	2 packages active dry yeast
2 t. salt	6 c. flour
1/2 t. nutmeg	3 eggs, beaten
2 T. butter	

Scald milk, add sugar, salt, nutmeg and butter. Cool to lukewarm. Soften yeast in lukewarm water, stir until dissolved. Add the lukewarm milk mixture, stir in beaten eggs and about 3 cups of the flour. Beat with a wooden spoon until the mixture becomes smooth. Cover with a clean cloth and let rise in a warm place, free from draft, until more than doubled in bulk, about 1/2 hour. If your kitchen is cool, place a cake rack over a bowl of hot water and set the bowl of dough on the rack. Add about 3 more cups flour and beat it in. Turn the dough out onto a floured surface and knead until smooth and elastic. Kneading is a very simple operation. To prevent your hands from sticking to the dough you may use a little oil on your hands. Form the dough into a ball and push it away with the heels of your hands. Turn the dough about a quarter of the way around and repeat. Just keep doing this, sprinkling the surface with a little flour as needed until the dough is smooth and satiny and does not stick to your hands. (DO NOT SPRINKLE FLOUR ON THE DOUGH BUT ONTO THE PASTRY CLOTH OR BOARD.) Divide the dough in half and roll each half into a circle about 1/2 inch thick. Always roll from the center toward the edges. If you find the dough a little hard to roll, cover it and let it rest 10 minutes. Try it again, and you'll find it easier to roll. Cut with a doughnut cutter and place on baking sheets. Although the popular shape is round with a hole in the middle, you can cut doughnuts into squares or rounds or twist them. Cover the cut doughnuts with a cloth and let them rise in a warm place until doubled... it should take about 1/2 hour. Drop several doughnuts into hot fat (PLANTER'S PEANUT OIL is excellent). Temperature of fat 365 degrees. When they are brown, turn them and brown the other side. Remove doughnuts from fat, drain on absorbent paper. Frying time 1 1/2 to 2 minutes per side. Sprinkle the doughnuts with cinnamon sugar or confectioners sugar if desired. Yield: 3 dozen.

HALLOWEENIES

8 Schrader Frankfurters	Melted butter
16 canned pineapple chunks	Parsley
	Wooden skewers
Toothpicks	French bread

With a sharp pointed knife, cut out 2 eyes, a nose, and a mouth at one end of each frankfurter. Stick a toothpick crosswise through the frankfurter, just underneath the "face." Spear a pineapple chunk on each end of the toothpick. Brush the franks lightly with oil or melted butter. Broil about 3 inches from heat about 5 minutes on each side. To serve, pierce top of frankfurter and stick in sprig of parsley. You can serve the Halloweenies between slices of French bread but a novel way to serve them is to wrap the entire loaf of French bread in aluminum foil and put it in the oven while the weenies are broiling. Unwrap the French bread, push the blunt end of the skewer into the bottoms of the frankfurters and stick the pointed end into the French bread (which has been cut lengthwise but not all the way through and buttered, then cut diagonally into 1 1/2 inch thick slices and loaf put back together again. This can be done before heating.)

October 29, 1958 More Ideas for Halloween

TAFFY APPLES

12 medium apples (on sticks or skewers)	1/2 c. water
	1/8 t. soda
2 c. sugar	1/2 t. vanilla
1 c. corn syrup	1/4 t. salt
1/2 c. evaporated milk	

Arrange apples on sticks or skewers and let stand until needed. Mix sugar and corn syrup in heavy 3 quart saucepan until smooth. Boil quickly, until candy reaches firm-ball stage, 244 degrees. Mix evaporated milk, water and soda and stir in very slowly (in fine stream) so boiling does not stop. Cook rapidly, stirring until candy again reaches firm-ball stage. (This mixture burns easily so watch it carefully.) Remove from heat. Add vanilla and salt. Quickly dip apples into mixture, one at a time, and place on buttered pan to harden.

WITCHES CAPS

2 packages lemon flavored gelatin	8 canned pineapple slices, drained
2 c. hot water	2 licorice twists, cut lengthwise into 4 strips
1 c. cold water	

Dissolve gelatin in hot water, stir in cold water. Allow gelatin to cool. Lightly grease the insides of 8 cone shaped paper cups. Set the cups into the tops of 8 juice glasses. Pour the gelatin into the cups and carefully place the juice glasses in the refrigerator. Chill until the gelatin is firm. To unmold the gelatin, slip the cups quickly into hot water for a second or so, cut a slit about 2 inches long up one side of the cups and turn out onto the centers of the pineapple rings. Place a strip of licorice around the base of the gelatin molds to resemble ribbon trimming. Chill until ready to serve.

WITCHES BREW

Syrup from canned pineapple slices (1 1/3 c.)	1/2 c. lemon juice
1--1 quart bottle apple juice	1 large bottle orange soda

Combine pineapple juice, apple juice and lemon juice. Chill well. Just before serving stir in chilled orange soda. Makes 2 1/2 quarts punch.

October 30, 1958

Shop STAR MARKETS for Top Values

October 31, 1958 "HALLOWEEN"

MOLASSES POPCORN BALLS

1 c. molasses	4 T. butter
1 c. corn syrup	3 quarts popped corn
1 T. vinegar	

Combine molasses, corn syrup, vinegar and butter. Boil to hard-ball stage 250 degrees on thermometer. Place popped corn in a large bowl and pour hot syrup over it. Grease your hands slightly, gather corn into a ball and pack hard between your hands. Makes 10 balls.

COMPANY CHICKEN PIE

"Nice for Sunday Dinner"

6 T. butter	3 c. diced cooked chicken
6 T. flour	
1 t. salt	1 c. sliced cooked carrots
Dash pepper	
2 c. chicken stock	1 c. cooked peas
1 c. medium or heavy cream	12 tiny white onions, cooked
1/4 c. diced pimiento	
*Cheese Whirls	

Melt butter, blend in flour, salt and pepper. Gradually add chicken stock; cook, stirring constantly, until thickened. Remove from heat, blend in cream. Add chicken, peas, carrots, onions and pimiento. Pour into 7 1/2 x 12 x 2 inch baking dish. Place cheese whirls on top. Bake 425 degrees 30 minutes. 6 servings.

*CHEESE WHIRLS

1 1/2 c. flour	6 T. shortening
3/4 t. salt	1/2 c. milk (about)
2 t. baking powder	1/2 c. grated sharp cheese

Sift flour, salt, and baking powder. Cut in shortening with pastry blender. Add enough milk to make a soft dough. Roll out on lightly floured surface into oblong 10" x 5" x 1/4" sprinkle with cheese. Roll up jelly-roll fashion; cut into 3/4" slices. Place cut side up on casserole.

November 3, 1958

THANKSGIVING PLUM PUDDING

This pudding will keep very well from now until Thanksgiving.

2 egg yolks	3/4 t. salt
3/4 c. brown sugar	1 t. cinnamon
2 T. lemon juice	3/4 t. nutmeg
3/4 c. chopped suet	3/4 c. seeded raisins
1 3/4 c. soft bread crumbs	1/2 c. currants
	1/2 c. chopped nuts
1 1/2 t. baking powder	2 egg whites, stiffly beaten
2 T. flour	

(over)

Grease and dust with flour a 2-quart pudding mold with tube. (If you do not have a pudding mold you may use a coffee can or other type of tin can without a cover. Tie a double thickness of waxed paper tightly over top. Let it extend down over outside of tin.) Beat egg yolks well, add brown sugar, lemon juice and suet. Combine bread crumbs, baking powder, flour, salt, spices raisins, nuts and currants. Add to first mixture. Beat egg whites until stiff and fold into batter. Cover and steam 3 hours or bake in 250 degree oven for 3 hours. (Fill greased molds 2/3 full, place on rack and set in deep kettle with about 2 inches of water in bottom--when steaming cakes. Cover kettle tightly and keep water boiling until time required for pudding to cook is over.) Serves 6 or 7.

CHILI BEEF PIE

Pastry made with 2 c. Daisy Pastry Flour, 2/3 c. shortening, 1 t. salt, and about 4 T. water

Filling:
1/2 c. chopped onion
3 T. chopped green pepper
2 T. shortening
1 pound ground beef
2 T. flour
1 can (10 1/2 oz.) mushroom soup
1/4 c. chili sauce
3 T. Nance's mustard
1/2 t. chili powder
1/4 t. garlic salt
Dash pepper

Prepare pastry. For a gourmet touch add about 1/2 t. thyme to flour. To prepare filling, saute onion and green pepper in oil until lightly browned. Add meat and cook until browned and crumbly. Sprinkle over flour and mix well. Stir in mushroom soup and remaining ingredients; cook 1 minute. Line a 9 inch pie pan with one half the pastry; turn meat filling into pan. Roll out remaining pastry and fit over top. Seal and flute edges. Bake at 425 degrees for 30 minutes. (This pie does not need a sauce for the filling is very moist and delicious.)

November 4, 1958

2 gifts you can make now. From my freezer to your freezer.

CANAPE APPETIZERS

A tray of frozen assorted appetizers or canapes will be gratefully received for they are tedious to make when time is at a premium at Christmas and during the holidays. For the best results freeze them as soon as made, unwrapped, then wrap carefully with freezer paper as soon as they are frozen. Most canape spreads freeze very well; exceptions are hard cooked egg white or spreads made with mayonnaise. Here are a few of my favorites.

OLIVE, PICKLE PINWHEELS

You will need unsliced bread. Remove crusts from loaf, slice the length of the loaf making 6 or 7 slices per loaf. Spread with softened cream cheese. Place small pickles or olives, the stuffed variety, along the edge of each slice and roll as a jelly roll. Chill several hours before slicing. To arrange for a gift--select a tray which you will give away or use an attractive gift box. Slice the pinwheels and arrange to form a Christmas tree in the center of your tray. Arrange other canapes attractively around tree.

SALMON-BUTTER SPREAD

Combine 1/3 c. butter with 3 T. finely chopped smoked salmon, 1/2 t. prepared horseradish, and 1/2 t. lemon juice. Spread on lightly toasted white bread; cut into triangles or other shapes or use some of the little cases especially made for canapes. Top with a thin strip of smoked salmon for a garnish.

PATE BEAU MONDE

2--3 ounce packages cream cheese
4 T. cream
3 t. Beau Monde seasoning or seasoning salt
1/4 t. thyme
1/4 t. marjoram
1/4 t. summer savory (optional)
2 T. finely chopped parsley

Combine all ingredients. Spread on thin toast squares or triangles.

CAVIAR AND OYSTER CANAPE

Toast white bread lightly on both sides, cut in small circles or rectangles. Spread with caviar, top each with a smoked oyster. Sprinkle each canape lightly with lemon juice.

NESSELRODE PIE

Almost every family has its favorite holiday pies. Apple, mince, pumpkin or nesselrode pie, they all freeze very well. Make one for a gift or for your own holiday entertaining. This pie, with its decorated top, should be frozen firm then carefully wrapped for storage in your freezer.

3/4 c. sugar
1/4 t. salt
1 T. unflavored gelatin
1 1/4 c. milk
3 eggs, separated
1/2 c. mixed candied diced fruit
2 T. rum or sherry
1/2 c. whipping cream
9 inch baked pie shell
1/2 square unsweetened chocolate

Combine 1/2 c. of the sugar, salt and gelatin in top of double boiler. Add milk, place over medium heat and stir until gelatin is dissolved, about 5 minutes. Remove from heat. Beat egg yolks, gradually beat in hot milk. Place mixture in top of double boiler, add candied fruit, reserving about 2 T. for decorating top of pie. Cover, cook over hot, not boiling water until mixture coats a spoon, stirring occasionally. Beat egg whites until foamy, gradually beat in remaining 1/4 c. sugar and beat until stiff but not dry. Fold in gelatin mixture, then the cream which has been beaten until stiff. Pile in the baked pie shell; chill until firm. Garnish with the reserved fruit, arranging it in a ring around the edge of the pie. Shave chocolate and sprinkle into the center of the pie. Freeze. Wrap. (Use a vegetable peeler to make pretty chocolate curls.)

November 5, 1958

WHITE FRUIT CAKE

(Especially for those who like a light colored fruit cake.) Remember ATLANTIC SUPPLY, headquarters for all fruit cake supplies and ingredients.

1 package seeded raisins
1 pound candied cherries
1 pound candied pineapple, diced
1/2 pound citron, diced
1/4 pound orange peel, diced
1/4 pound lemon peel, diced
1 package seedless raisins
2 c. brandy, rum, or fruit juice
1 pound butter
2 1/2 c. sugar
12 eggs
1 pound shelled almonds
1 pound shelled filberts
1 pound shelled pecan halves
1/2 pound shelled Brazil nuts
5 c. flour
1 t. each baking powder, cinnamon, cloves, nutmeg, mace

The day before baking the cakes cut seeded raisins and cherries in half. Place all fruit in large bowl and pour over the brandy, rum or fruit juice. Let stand 12 hours, turning fruit occasionally to absorb liquor. Next day cream butter, add sugar gradually, beating until mixture is light and fluffy. Add eggs one at a time and beat well. Split almonds and filberts, leave pecans whole, quarter Brazil nuts. Add nuts to fruit and brandy mixture. Sift flour, baking powder, cinnamon, cloves, nutmeg and mace. Sift a little of the flour mixture over the fruit and nuts and mix well. Repeat mixing and sifting until all flour is used. Add creamed mixture and blend well. Fill pans three-fourths full and bake as directed in chart. Store.

Baking fruit cakes. . .a chart of temperature and time.

Cake Size	Oven Temp.	Approx. Baking Time
Small cup cakes	250°	30 minutes
1 pound (1 pint foil pan)	250°	2 hours, 30 minutes
2 pounds (1 pound coffee can)	300°	2 hours, 15 minutes
3-4 pounds (4 by 8 inch loaf pan)	300°	2 hours, 30 minutes
5 pounds (9 inch spring form pan)	300°	3 hours
6 pounds (9 or 10 inch angel food cake pan)	300° (Reduce to 250° for last 1 1/2 hours)	3 hours, 30 minutes

Before baking cakes, grease pans well, line with brown paper, extending 1 inch above top of pan. Grease paper. Place a pan of water on bottom shelf of oven to keep cakes moist. To test for doneness of cakes insert toothpick in center, when it comes out clean, cake is done. Cool cakes in baking pan on wire racks. When cool, remove from pan, remove paper liners, and wrap for storage. To add a festive touch decorate fruit cake tops with sugar glaze, candied fruits and halves of blanched almonds. Make the glaze with 1/2 c. brown sugar, 1/3 c. corn syrup, 1/3 c. water and 2 T. lemon juice. Boil 2 minutes. While cake is still warm smooth the glaze over the top with a pastry brush. Before the glaze sets, arrange fruits and nuts to decorate top. Storage: You can store fruit cakes at room temperature until the holidays. Wrap each in a clean cheese cloth saturated in rum, brandy, port, cider or fruit juice; wring the cloths so they are moist but not dripping. Wrap cakes first in cloth, then in several layers of wax paper; seal with tape. Each week check dampness of cheese cloth; remoisten when it becomes dry. Note: Any fruit cake will freeze well but it is not necessary unless you wish to freeze leftover cake for another year.

November 7, 1958

This is National Tuna Week so here is a splendid casserole to celebrate the occasion. Nice excuse to entertain and serve this simple casserole.

TUNA FISH, NOODLE AND ASPARAGUS CASSEROLE

6 T. butter
6 T. flour
1 t. salt
1/4 t. pepper
3 c. milk
1 1/2 c. grated cheese
1 T. NANCE'S mustard
1 (13 oz.) can tuna fish
2 c. cooked BRAVO fine noodles
2 packages frozen asparagus

Melt butter, stir in flour, salt and pepper. Add milk and cook, stirring constantly until thick. Add cheese and mustard. Place tuna fish, noodles and asparagus in layers in well buttered 2 quart casserole. Pour sauce over. Bake at 350 degrees until brown and bubbly (about 30 minutes). Serves 8.

CHOCOLATE BREAD PUFF PUDDING

(A dessert to bake with the casserole)

2 squares unsweetened chocolate
2 c. milk
1/2 c. sugar
3 T. flour
1/2 t. salt
2 T. butter
1 t. vanilla
2 c. soft bread crumbs with crusts removed
3 eggs, separated

Combine chocolate and milk in medium sauce pan; heat slowly over very low heat until chocolate is melted. Combine sugar, flour and salt in small bowl, blend in a few tablespoons chocolate milk; return mixture to saucepan; beat. Cook over low heat, stirring constantly until mixture boils; remove from heat; stir in butter and vanilla, fold in crumbs, let stand 10 minutes. Beat egg whites until stiff; beat egg yolks slightly; spoon a little hot chocolate mixture into egg yolks; stir into remaining chocolate mixture; gently fold in beaten egg whites until no white streaks remain. Pour into buttered 1 1/2 quart baking dish; set in pan of hot water. Bake at 350 degrees for 1 hour and 10 minutes or until top of pudding is puffy and dry. Remove from water at once. Serve warm with whipped cream; garnish with shaved chocolate. 6 to 8 servings.

TRUDY MC NALL'S (LUCILLE FLEMING'S RECIPES -- TRUDY McNALL ON VACATION)

Rochester's FIRST Station
WROC-TV
CHANNEL 5
A TRANSCONTINENT TELEVISION CORPORATION STATION
ROCHESTER BROADCASTING CENTER
201 HUMBOLDT STREET, ROCHESTER 3, N. Y.

2:30 P.M. HOME COOKING RECIPES November 10 - 21, 1958

November 10, 1958

CHICKEN KIEV

4 whole chicken breasts	2 T. chopped parsley
1/2 c. butter	1/2 t. salt
1 clove garlic	1/4 t. pepper
2 T. chopped chives	1/2 t. rosemary
	2 T. Worcestershire sauce

Carefully skin chicken breasts, bone, and separate each into 2 fillets. Place each fillet between 2 sheets of waxed paper and flatten with the side of a cleaver or mallet. Cream butter with mashed garlic bud and remaining ingredients. Chill until firm. Sprinkle each flattened fillet with a little salt and pepper. Place 1 T. of the prepared, chilled butter on each fillet. Tuck in ends and roll up tightly. Secure with toothpick if necessary. Beat together 1 egg with 1/2 cup cream. Roll the fillets in flour, then dip in egg mixture and then in cracker crumbs. Fry in deep fat until golden brown. Do not have fat too hot, (about 350 degrees) so that the outside will not brown too quickly before the inside cooks thoroughly. Do not prick with a fork at any time during the frying. Makes 8 servings.

BON BON COOKIES

1/2 c. soft butter	1 1/2 cups all-purpose flour
3/4 c. sifted confectioners sugar	1/8 t. salt
1 T. vanilla	

Assortment of items such as nuts, coconut, dates, raisins, chocolate bits, cherries, etc. to use for filling.

Mix butter, sugar and vanilla. Blend in flour and salt thoroughly. Add food coloring to part of the dough, if desired. Wrap a level tablespoon of the dough around a cherry, date, nut, chocolate bit, etc.—or make the center out of dough mixed with chopped dates or nuts--then wrap. Use your imagination. Make up the dough in chocolate and brown sugar variations, using a combination of all 3 kinds in forming your bon bons. Bake 1 inch apart on an ungreased cookie sheet for 12-15 minutes at 350 degrees, until set but not browned. Dip tops of warm cookies in icing. Decorate to suit your fancy with colored sugar, chocolate shot, nuts, etc. Makes 2 doz. cookies. Chocolate Dough: Add 1 sq. melted unsweetened chocolate to basic dough. Brown Sugar Dough: Use 1/2 c. brown sugar, packed, in place of confectioners sugar. Icing: Mix 1 c. sifted confectioners sugar with 2 T. cream, 1 t. vanilla, food coloring, as desired. For chocolate, add 1 sq. unsweetened, melted chocolate and use 1/4 c. cream.

November 11, 1958

CRANBERRY DELIGHT

1/2 lb. raw cranberries	2 1/2 c. marshmallow tidbits
1/2 c. sugar	
1 c. heavy cream	1/2 c. drained, crushed pineapple

Grind cranberries, mix with sugar and let stand 2 hours. Whip cream, fold in marshmallows, let stand 2 hours. Then combine all ingredients with pineapple and refrigerate overnight. May be used as dessert or salad. Serves 8. May be easily doubled, and it will keep for days in refrigerator.

LIMA BEAN CASSEROLE

1 package frozen lima beans	1 1/2 c. tomato sauce (approx.)
2 T. butter	1 t. Worcestershire sauce
1 onion	
1 small green pepper	Salt and pepper
1 clove garlic	Grated Parmesan cheese

Cook lima beans in salted water until just tender. Drain. Saute chopped onion, chopped garlic and green pepper in butter. Add tomato sauce, Worcestershire sauce and seasoning. Simmer about 15 minutes. Pour sauce over limas and fill a casserole, using alternate layers of lima beans and Parmesan cheese, ending with a layer of cheese. Bake at 350 degrees for about 20 minutes until bubbly and nicely browned.

HOLIDAY COFFEE CAKE

1 pkg. granular yeast	3 T. butter
2 T. warm water	1/2 t. grated lemon rind
1/4 c. sugar	Few drops almond flavoring
1/2 c. milk, scald and cool	1 egg
1 1/4 t. salt	2 1/4 c. flour

Soften yeast in warm water. Scald milk, add sugar, butter, salt and cool to lukewarm. Mix yeast with milk mixture, add lemon rind, flavoring, beaten egg and flour. Mix well. Let rise 2 hours. Roll into rectangle 10 x 15 inches. Spread with filling. Roll from each 10 inch side to center. Place on greased baking sheet. Slash into 3/4 inch cuts. Turn out sections slightly and let rise about 1 hour. Bake at 350 degrees for 45 minutes. Drizzle with thin confectioners sugar icing and sprinkle with chopped nuts and candied fruit.

Filling for Coffee Cake:

2 T. melted butter	1/4 c. brown sugar
2 T. honey	1/2 t. cinnamon
1 T. lemon juice	1/4 c. chopped nuts

1/2 c. mixed candied fruit

November 12, 1958

APRICOT NUT BREAD

1/2 lb. dried apricots 1 c. water
1/2 c. sugar

Wash apricots, add sugar and water and cook until soft. Drain apricots and use juice as part of liquid in the bread. Mash apricots and cool.

1 egg, beaten	1/2 t. salt
Apricot juice plus buttermilk to make 1 c.	1/2 t. soda
	2 1/2 t. baking powder
	1 c. sugar
2 T. melted shortening	1/2 c. chopped nuts
2 1/2 c. flour	

Beat egg, add milk and shortening. Add apricot pulp and mix well. Add dry ingredients, sifted together and stir just enough to moisten. Add nutmeats. Bake in greased loaf pan in 350 degree oven for about 1 hour.

AUNT MARIAN'S COOKIES
(Old Fashioned Goodness)

1 c. brown sugar	1/2 t. lemon extract
1 c. shortening	1/2 t. vanilla extract
2 eggs	3 1/2 c. flour
1 c. molasses	2 t. ginger
1 t. salt	1 t. cinnamon
2 t. soda	1/2 t. cloves
1/4 c. boiling water	1/4 t. allspice

Cream sugar and shortening. Add eggs, beat well. Stir soda into water. Sift flour with spices. Add molasses to egg mixture and then add all other ingredients. Roll about 1/3 inch thick. Cut in rounds, sprinkle with sugar. This is a very soft dough. Bake at 350 degrees for 12-15 min.

MILKY WAY CREAM PUFF FILLING

Cream Puffs, baked from your own recipe or a mix	1--6 oz. can frozen tangerine juice
1--15 oz. can sweetened condensed milk	1 c. heavy cream, whipped

Prepare cream puffs and bake. Cool. Combine condensed milk with defrosted fruit concentrate and blend well. Whip cream until stiff and fold into fruit and milk mixture. Let stand about 5 minutes. Chill and at serving time, fill cream puffs. Replace tops and sprinkle with confectioners sugar or a thin confectioners sugar glaze and sprinkle with chopped nuts.

November 13, 1958 STAR MARKET DAY

November 14, 1958

TURKEY, EAST INDIAN STYLE
(A good way to use some of the leftover turkey you will have next Friday.)

1/2 c. chopped green pepper	1/2 c. water
2 T. butter	2 c. diced, cooked turkey
2 T. flour	1--4 oz. can sliced mushrooms
1/2 t. curry powder	1/4 c. slivered, toasted almonds
1 can condensed onion soup	

Saute green pepper in butter, blend in flour, curry powder. Add the onion soup and water. Cook slowly until thickened, stirring constantly. Add turkey and mushrooms, simmering for 10 minutes. Just before serving, add toasted almonds. Serve over cooked rice. 4 servings.

BUTTERMILK BISCUITS

2 1/4 c. flour	4 T. lard
1/2 t. salt	1 c. buttermilk
1/2 t. soda	

Cut the lard into the flour and salt mixture. Add soda to buttermilk and stir into first mixture. Turn out on floured pastry cloth and knead about 20 turns. Pat into rectangle, about 1 1/4 inch thick. Cut into small square biscuits. Place on well greased baking sheet. Place biscuits close together. Bake at 450 degrees for about 10-12 minutes. Just before taking from oven, brush tops with melted butter and return to oven for a few minutes. Serve very hot. I usually wait until everyone is on their way to the table before popping them in the oven. These biscuits should be served immediately.

POOR JOHN'S DELIGHT

(A steamed pudding made without a mold.)

2 c. dry bread crumbs	1/2 t. soda
1/2 c. chopped suet	1 c. sweet milk
1/2 c. molasses	1/2 t. ground cloves
1 egg	1 t. cinnamon
1 c. raisins	Pinch of mace

Few grains of salt

Dissolve soda in sweet milk and mix all ingredients together thoroughly. Place in top part of double boiler and boil steadily for 2 hours. Be sure cover fits tightly. Serve hot with the following sauce.

Sauce for Pudding: Melt 1/4 c. butter and mix with 1 c. confectioners sugar. Fold sugar mixture into 2 beaten egg whites. Add 1/4 t. vanilla. Pudding serves 6 - 8.

November 17, 1958

TURKEY AND DRESSING CASSEROLE

2 c. diced cooked turkey (or chicken)	1/2 t. salt
1/2 c. dry bread crumbs	Few grains pepper
1 T. butter	1/2 t. poultry seasoning
1/3 c. chopped celery	2 T. turkey or chicken broth
1/4 c. chopped onion	1/2 c. butter
1 T. chopped parsley	1/2 c. flour
1/4 c. butter	2 c. turkey broth
3 c. diced stale bread	1/2 c. milk
	2 eggs, slightly beaten

Saute dry bread crumbs in 1 T. butter. Set aside. Saute onion, celery and parsley in 1/4 c. butter and then add to the cubed bread. Add salt, pepper and poultry seasoning and enough broth to toss together. Melt the 1/2 c. butter, blend in flour and then add turkey broth and milk and 1 t. salt. Cook until thick and then blend in beaten eggs. Cook a few minutes longer. To assemble the casserole turn the dressing into a 9 inch square pan, cover with the thickened turkey broth, using about 1/2 of it; then add the diced turkey, adding the rest of the thickened broth. Sprinkle the casserole with the prepared bread crumbs. Bake about 1/2 hour at 350 degrees. Serves 4 to 6.

EASY FRUIT SALAD

1 c. drained pineapple chunks	1 c. commercial sour cream
1 c. diced oranges	1 c. coconut
1 c. miniature marshmallows	

Blend all ingredients together and chill overnight. Serve on lettuce for a salad, or pile in sherbet dishes for dessert. Serves 6.

SYRIAN COFFEE CAKE

2 c. brown sugar	1 c. sour cream
2 c. flour	1 t. soda
1/2 c. margarine	1/4 t. nutmeg
1 egg	1/2 c. chopped nuts

Mix sugar, flour and shortening together until it is the consistency of cornmeal. Pat half of this mixture into a 9 x 9 inch pan. To the other half add the remaining ingredients and beat well. Pour over the mixture in the pan, sprinkle with chopped nuts and bake at 350 degrees for approximately 40 minutes.

November 18, 1958

APPLE-GLAZED PORK ROAST

1 T. flour	2 c. sweetened applesauce
1 t. salt	
1 t. dry mustard	1/4 c. brown sugar
1/4 t. pepper	1/4 t. cinnamon
4# pork loin roast	1/4 t. cloves

Combine flour and seasonings, rub on roast. Place fat side up in shallow roasting pan. Roast uncovered at 325 degrees about 3 hours, or until meat thermometer registers 185 degrees. About 1 hour before end of roasting time, spread with mixture of applesauce, brown sugar and spices. Return to oven until done. Garnish with spiced crabapples. 8 servings.

CORN STICKS

1 egg	1 1/2 c. cornmeal (yellow)
1 1/2 c. buttermilk	1 t. sugar
1/2 t. soda	3 t. baking powder
1/2 c. flour	1 t. salt

1/4 c. melted shortening

Beat egg and then beat in remaining ingredients. Heat corn stick pans in oven while mixing batter; when very hot, grease well and fill pans until almost full. Bake at 450 degrees for about 15 minutes. Serve hot. Makes 14 corn sticks. Recipe may be baked in well greased 9 inch pan. Serve piping hot.

JOAN'S THANKSGIVING PUDDING

1/2 c. brown sugar	2 T. cocoa
1/2 c. white sugar	1 t. soda
1 1/2 c. cold water	1 t. salt
2 T. butter	1/2 t. each of cinnamon, cloves, nutmeg
1/2 c. brown sugar	
1/2 c. white sugar	1 c. buttermilk
1 1/2 c. flour	1 c. nuts
1 t. baking powder	1 c. raisins

Boil together 1/2 c. brown sugar, 1/2 c. white sugar, water and butter. Place in pan 8 1/2 x 11 inches. Then mix together another 1/2 c. white sugar and 1/2 c. brown sugar with all the remaining dry ingredients; add buttermilk, then stir in nuts and raisins. Spoon over the sauce in the pan and bake at 350 degrees for about 40 - 45 minutes. Serves 8. Recipe may be easily cut in half and baked in 9 inch square pan, if desired.

November 19, 1958

TURKEY SOUP

After all the turkey is eaten, and you've cooked up the carcass for broth, here is an idea to give turkey soup a brand-new flavor. For each quart of strained turkey broth, add 1 peeled cucumber, ground (juice included); 1/3 c. ground carrot; 1/2 c. finely chopped celery, 1/8 t. garlic powder and salt and pepper to taste. The cucumber is the "secret ingredient" that makes the soup exceptionally delicious. Simmer it slowly for about 10 minutes, or until vegetables are tender.

ONION AND HERB ROLLS

(Just the thing for making turkey sandwiches)

1 c. onions	1/4 c. water
3 T. butter	2 T. sugar
1 T. caraway seeds	1 t. salt
1 c. milk, scalded and cooled	1/2 t. poultry seasoning
	1/4 t. dried red pepper
1 pkg. dry yeast	3 1/2 c. flour, approx.

Saute onions in butter until tender, but not brown. Add caraway seeds. Cool to lukewarm. Soften yeast in water and add to onions. Mix cooled milk with sugar, salt and other seasonings. Add onion and yeast mixture and beat in flour. Knead until smooth and elastic. Cover and let rise until double. Then shape into 12 big flat buns. Place on greased baking sheet, let rise until light. Bake at 400 degrees for about 15 - 20 minutes until well browned.

BRAZIL NUT COOKIES

1/2 c. butter	1 c. blanched and finely ground Brazil nuts
1/4 c. confectioners sugar	1 1/4 c. flour

Cream butter, sugar and flour together and blend in ground Brazil nuts. Form the dough into a roll 2 inches thick and cut it crosswise in 1/2 inch slices. Shape the slices into crescents. Place on baking sheet and bake at 325 degrees for about 15 minutes, or until set. Do not brown. Sift confectioners sugar over the warm crescents.

November 20, 1958 STAR MARKET DAY

November 21, 1958

SEA FOOD TURNOVERS

1 can condensed cream of mushroom soup	1/2 t. Worcestershire sauce
1 c. lobster meat or crabmeat	1/4 t. "Accent"
	Dash of cayenne pepper
1/4 c. mayonnaise	1 recipe pastry

Combine half of the can of soup with the seafood, mayonnaise, and seasonings. Roll pastry into 4 circles, 6 inches in diameter. Place one-fourth of the filling on half of each circle. Fold to form turnovers and seal edges. Prick top crust. Place on baking sheet and bake at 450 degrees for 15 to 20 minutes. Serve hot with sauce made by combining remainder of the can of soup with 3 T. cream heated together. Serves 4.

CHANTILLY POTATOES

4 Idaho potatoes	1/4 c. butter
1/2 c. cream, medium	Salt and pepper
1/2 c. sharp cheese	Chopped parsley

Cut potatoes as for French fries. Place in shallow baking dish and add remaining ingredients. Cover with aluminum foil and bake at 375 degrees for 40 minutes. Remove foil and brown, about 5 - 10 minutes extra.

WINTER RELISH

(Unusual relish--delicious with a platter of cold, sliced turkey, or cold roast pork.)

1 can (No. 2 size) sauerkraut	3 T. chopped green pepper
1 c. chopped celery	4 T. sweet pickle relish
3 fresh green onions, sliced thin	1 t. celery seed
	1 bunch radishes, sliced

French dressing

Drain sauerkraut, mix with celery, onion, green pepper, pickle relish, celery seed. Add enough French Dressing to moisten. Refrigerate for at least 2 hours. Just before serving, add the thinly sliced radishes. May be served on a lettuce leaf as a salad, or as a relish.

WROC - Television
Channel 5

TRUDY McNALL'S
HOME COOKING RECIPES
November 24 - December 5, 1958

Weekdays
2:30 P.M.

November 24, 1958

BAKED MEAT LOAF

1/2 c. finely chopped onion	1 c. rich milk or light cream
1 green pepper, finely chopped	1 pound ground lean beef
2 T. butter	1 pound ground lean pork
3 slices white bread	Salt and pepper
1 egg	1 large can tomatoes
	2 T. NANCE'S mustard

Saute onion and green pepper in butter until soft but not brown. Cut crusts off bread, pour cream over slices and let soak for about 5 minutes. Combine beef, pork, egg, salt and pepper to taste and Nance's mustard. Pour about 1/3 cup of the liquid from the tomatoes into meat mixture, add bread, mix well. Place in a large buttered loaf pan, forming the loaf so there is a little space on each side. Pour the canned tomatoes and rest of juice over loaf. Bake uncovered at 350 degrees for 1 hour, basting several times. Serve hot or cold. Note: For a party add Mushroom Sauce. Serves 6 to 8.

MUSHROOM SAUCE

6 T. butter	1/2 pound mushrooms, sliced
4 T. flour	1/4 t. paprika
2 c. chicken stock (canned)	1/2 t. chopped parsley
1/4 c. light cream	1/4 t. lemon juice

Melt 4 T. of the butter, add flour and mix until smooth, gradually add the 2 c. chicken stock and cook, stirring constantly until smooth. Saute the mushrooms in 2 T. butter, add paprika, parsley and lemon juice. Add to sauce, let simmer for about 10 minutes before serving.

BUTTERNUT SQUASH WITH PARMESAN

Butternut squash has sweet orange flesh. Cut the squash in serving pieces and scoop out the seeds and stringy part. Leave the rind on. Parboil for 15 minutes in boiling salted water. Remove and drain well. Season with salt and pepper, dot with butter and sprinkle with Parmesan cheese. Bake with meat loaf at 350 degrees for 30 minutes. Note: If you do not wish to use cheese, sprinkle with a little brown sugar instead.

CHOCOLATE BREAD PUDDING

2 c. stale bread crumbs	2 eggs
2 squares chocolate	4 T. butter
1 c. sugar	1/2 t. salt
3 c. milk	1 t. vanilla

Put bread crumbs, chocolate (cut into small pieces), sugar, and 2 c. of the milk in top of double boiler. Cook for about 20 minutes, stirring occasionally until a smooth paste is formed. Beat eggs, add remaining 1 c. milk, butter, and salt. Add to chocolate mixture. Continue cooking until the mixture thickens, about 5 minutes, stirring constantly. Add vanilla. Turn into buttered 2 quart baking dish. Bake at 350 degrees for 20 minutes. Serve warm with or without whipped cream.

OVEN MENU: Baked Meat Loaf, Baked Potatoes, Butternut Squash, Cabbage and Carrot Salad, Chocolate Bread Pudding, Beverage.

November 25, 1958

PIES FOR THANKSGIVING

And the fame of thy worth like a pumpkin vine grow
And thy life be as sweet, and its last sunset sky
Golden-tinted and fair as thy own pumpkin pie!
--Whittier

(Time was in Grandmother's day no Thanksgiving dinner would be complete without at least two or three different kinds of pie. Here are two favorites.)

GRANDMOTHER'S OLD FASHIONED PUMPKIN
(Just right, not too spicy or sweet)

9 inch pie pan lined with pastry	1 c. heavy cream
1 1/2 c. sieved pumpkin	1 c. milk
1 c. brown sugar	4 eggs, slightly beaten
1/2 t. salt	Whipped cream for garnishing (optional)
1/4 t. cinnamon	Finely chopped walnuts for garnishing (optional)
1/4 t. ginger	

Combine pumpkin, sugar, salt and spices. Scald cream and milk, add to pumpkin. Add slightly beaten eggs and blend well. Pour into pastry lined pie pan. Bake at 450 degrees for 10 minutes, reduce heat to 325 degrees and continue to bake for about 30 minutes or until done. Note: Do not overbake, when pie is puffed around the edges and still slightly soft in center, it is done. Custard will continue to cook after pie is removed from oven. Cool, chill. Serve with or without whipped cream and finely chopped nuts. Serves 6.

DIXIE PECAN PIE

9 inch pie plate lined with pastry	3 c. light corn syrup
3 T. butter	Dash salt
1/4 c. brown sugar	1 t. vanilla
1/2 c. flour	3 eggs, slightly beaten
	1 c. pecan halves

Cream butter and sugar; add flour, syrup, salt and vanilla. Add eggs and mix well. Pour filling into pie plate lined with pastry. Sprinkle nuts over top. Bake at 350 degrees for 1 hour and 10 minutes or until knife inserted halfway between outside and center comes out clean. Cool before serving.

CRANBERRY JELLY

(Make this today for Thursday. This recipe takes all the guess work out, makes perfect jelly every time.)

4 c. fresh cranberries 2 c. sugar
1 1/2 c. water

Cook washed whole berries with water over medium heat for exactly 10 minutes until mushy. (Exact timing after berries start to boil is important.) Stir frequently. Work cranberries through a sieve or food mill until every last bit of pulp is pushed through. Return pulp to saucepan, add sugar, cook until sauce comes to a brisk boil, then continue boiling for 3 minutes but no longer. Spoon off any surface scum that might collect. Pour sauce into a quart mold or dish. Cool in refrigerator until thoroughly set. To loosen, dip mold in hot water for a second and turn out on serving plate.

ONIONS AU GRATIN

18 to 20 medium onions	1 1/2 c. milk
1/3 c. salad oil	1 c. shredded process American cheese
3 T. flour	

Peel onions and cook in boiling salted water until tender. Drain. Blend salad oil and flour; stir in milk, cook stirring constantly until thick. Add cheese and stir until melted. Add onions and heat thoroughly. Makes 6 to 7 servings.

November 26, 1958

THANKSGIVING DINNER 1958

Oyster Stew or Tomato Juice Cocktail
Roast Turkey Brazil Nut Stuffing
Cranberry Sauce
Mashed Potatoes Giblet Gravy
Onions Au Gratin Hubbard Squash
Celery Hearts--Olives
Pumpkin Pie Pecan Pie

ROAST TURKEY

Stuff turkey just before roasting. Allow 3/4 to 1 c. stuffing per pound ready-to-cook weight. Stuff wishbone cavity and skewer neck skin to back. Tuck wings behind shoulder joints. Rub large cavity with salt. Spoon in stuffing. Shake bird to settle stuffing, do not pack. Close opening by placing skewers across it and lacing shut with cord. Tie drumsticks securely to tail. (If opening has band of skin across, push the drumsticks underneath, and you won't need to fasten opening or tie legs.) Grease skin (I like to use part butter). If you use a meat thermometer, insert it in the center of the inside thigh muscle adjoining the cavity. Place bird, breast side up on a rack and leave in this position for entire roasting time. Cover with loose "cap" of aluminum foil, pressing it lightly at drumstick and breast ends, but avoid having it touch top or sides. Roast at constant low temperature 325 degrees as follows:

6 to 8 pounds	4 to 4 1/2 hours
8 to 10 pounds	4 1/2 to 5 hours
10 to 12 pounds	5 to 5 1/2 hours
12 to 15 pounds	5 1/2 to 6 hours
15 to 18 pounds	6 to 6 1/2 hours
18 to 20 pounds	6 1/2 to 7 1/2 hours

GIBLET GRAVY

In covered pan, cook turkey giblets slowly in lightly salted water to cover until tender. Let cool in broth. (For especially good flavor add a few celery leaves and an onion slice or two to the cooking water.) Chop giblets. After removing cooked turkey to a platter, leave crusty bits in pan and pour liquid into measuring cup. When fat comes to top skim it off. For each cup of gravy measure 2 T. fat back into roasting pan and add 2 T. flour; blend well. Add 1 cup lukewarm liquid (meat juices from pan plus giblet broth) for each cup of gravy. Cook, stirring constantly until thickened. Add chopped giblets, simmer 4 or 5 minutes. Season to taste.

BRAZIL NUT STUFFING
(For a 10 to 12 pound turkey)

1/2 c. butter	3/4 t. paprika
3 large onions	1/2 c. chopped celery leaves
3 quarts soft bread crumbs	1 T. salt
3/4 pound chopped Brazil nuts	1/4 t. pepper
1/2 c. chopped parsley	1 t. thyme
	3 eggs, slightly beaten
	2/3 c. hot water

Melt butter in large skillet. Chop onions fine and saute until lightly browned in butter. Add remaining ingredients. Stuff turkey. For a 15 to 16 pound bird use 1 1/2 times recipe. Double recipe for 22 to 24 pound bird.

BAKED HUBBARD SQUASH

(Prepare this day before Thanksgiving--reheat in double boiler.)

Cut into 2-inch pieces and remove strings from a Hubbard or other winter squash. Place the pieces in a dripping pan. Sprinkle with salt, paprika and brown sugar. Dot with butter. Cover and bake at 375 degrees for 1/2 hour. Uncover and cook until tender, about 1/2 hour longer. Scoop from shell and mash.

November 27, 1958

Greetings on this Thanksgiving day wherever you are, however you dine; gather your friends and family close around you and be thankful for all the big and little things that make home such a wonderful happy place. Happy Thanksgiving.

November 28, 1958

DELICIOUS DEVILED SEAFOOD CASSEROLE

6 T. butter	1 t. horseradish
1 pound haddock fillets	2 T. chopped parsley
4 T. flour	2 T. sherry, optional
1 t. lemon juice	1/2 pound cooked, diced lobster meat
1 T. Nance's mustard	
2 T. ketchup	1/2 c. bread crumbs
1 1/2 c. rich milk	1 T. butter

Butter top of a double boiler with 1 T. butter. Put in the 1 pound haddock and steam for about 20 minutes over boiling water. Remove from heat and when cool enough to handle, separate into flakes. Melt 5 T. butter in saucepan, add flour and blend well, add milk and stir until mixture comes to a boil. Add remaining ingredients except bread crumbs and the 1 T. butter. Pour mixture into buttered shallow casserole, sprinkle with crumbs, dot with the 1 T. butter. Bake at 375 degrees for about 30 minutes. Serves 5 or 6. Note: For the lobster you may use boiled lobster tails or frozen or canned lobster meat. Other fish such as shrimp or scallops may be substituted.

Note: Serve a big green salad, hard rolls, coffee and dessert. Try Date and Nut Torte and bake right along with the casserole.

DATE-NUT TORTE

1 c. sugar	1/4 t. salt
3 eggs, well beaten	1 c. graham cracker crumbs
1/4 c. flour	
1 t. baking powder	1 c. chopped pitted dates

1 c. chopped walnuts

Gradually add sugar to well beaten eggs and continue beating until thick and light. Sift flour, baking powder and salt; fold into egg mixture. Fold in crumbs, dates and nuts. Turn into greased 8 x 8 x 2 inch pan. Bake at 375 degrees for about 45 minutes. Cut in squares and serve warm with or without plain or whipped cream.

December 1, 1958

"Featuring a week of Christmas Suggestions." Everything can be made now and will keep until Christmas.

FRUIT CAKE IN GRAPEFRUIT SHELLS

Serve fruit cake in a candied grapefruit shell
And your guests will storm your citadel,
They flock for miles from each direction
For this confection is pure perfection.

6 grapefruits	1 c. light corn syrup
2 c. sugar	1 c. water

This is the recipe that we approve. . .
From the grapefruit halves, the pulp remove
Place in boiling water and cook enough
So that the rinds are no longer tough,
Now, the syrup, sugar and water combine
And bring to a boil. . .we're doing fine
Toss in the shells and cook more, please
'Till the candy thermometer's two-thirty degrees
Now roll 'em in sugar and set 'em to dry
(They dry best on a cup--you can see why).
Then fill up the shell with fruit cake batter
And bake on a cookie sheet or any flat platter.

Note: See Home Cooking Recipes Oct. 20 and Nov. 5 for fruit cake recipes. Bake fruit cake filled shells according to weight of cake--see Nov. 5, 1958.

BUTTER RUM MINTS

Such a delightful sensation to the tongue
That paeans of praises ought to be sung
It's creamy, pillowy, minty and rummy--
Man-oh-man, this candy's yummy!

2 c. sugar	1 T. cold butter
2/3 c. hot water	1/2 t. mint flavoring
1/4 t. cream of tartar	1 T. rum (optional)

1 t. vinegar

Take the sugar and water for a starter
To it add vinegar and cream of tartar.
Boil it rapidly--and do not stir
'Till 260 degrees is the temperature.
Remove the syrup after it's boiled
And pour it over a surface you've oiled.
With broken cold butter, then you dot it
And 3 full minutes of time you allot it.
Fold over the edges when it is cool
With a candy scraper or kitchen tool.
Now sprinkle in rum and the flavor of mint
And you're ready for the pulling stint.
Then make a rope from there to here
And cut into pillows with a kitchen shear.
Drop them in sugar for a couple of days
In a seal tite jar for the ripening phase.
Serve it with Nectar, for this is Ambrosia
And you'll be the envy of all who knowsia!

Note: The mints are dropped into confectioners sugar.

December 2, 1958

SPRINGERLE

(Christmas just wouldn't be Christmas without Springerle. . .this snow white cookie with its cameolike embossed designs is fascinating to those who have never seen it before. It is inexpensive to make. It improves with age. It is considered an especially good cookie to serve with eggnog. The name means to spring--to rise up--and it certainly does, as high in proportion as does sponge cake to which it is related.)

4 eggs	1 t. baking powder
2 c. sugar	1/4 t. salt
3 1/2 c. DAISY Pastry Flour	2 T. melted butter
	Aniseed

Beat eggs in electric mixer, add sugar gradually and continue beating about 10 minutes. Blend in sifted flour, baking powder and salt with the melted butter. Roll out lightly and press out design from a springerle board or rolling pin; then place on buttered sheet that has been sprinkled with aniseed. Allow to stand 12 to 24 hours to set the design. Bake at 350 degrees for 5 minutes, then lower temperature to 300 degrees for 10 minutes. (Roll dough about 1/2 inch thick, press rolling pin or springerle board firmly to set design.)

LEBKUCHEN
(German or Swiss Honey Cakes)

1 c. honey	1/2 t. baking soda
1 c. brown sugar	1 t. cinnamon
1 T. shortening, melted	1/2 t. cloves
1 egg, beaten	1/2 t. nutmeg
1 t. orange rind	1/8 t. salt
1 t. lemon rind	3/4 c. chopped almonds
1 T. lemon juice	1/2 c. chopped citron
3 c. flour	Blanched roasted almonds

Candied cherries

Bring honey to a boil; add brown sugar and cool. Blend in shortening, egg, fruit rinds and juice. Stir. Sift flour, soda, spices and salt. Blend into honey mixture; add almonds and citron. Chill dough overnight. Roll a small amount at a time to 1/4 inch thickness and cut into rounds or rectangles. Decorate with slivered, blanched almonds and candied cherries. Bake at 375 degrees 10 to 12 minutes. While baking, prepare glaze. Brush it over cookies as soon as taken out of oven. Makes about 2 1/2 dozen. Note: These cookies will be hard when freshly baked; "mellow" to soften them. . .store in a tightly covered container with a few pieces of orange or lemon rind. Glaze: Boil together 1/2 c. water and 1 c. sugar until it spins a thread (230 degrees F.). Remove from heat, add 1/3 c. confectioners sugar; stir until dissolved (when icing gets sugary, reheat slightly, adding a little water until clear again).

December 3, 1958

REFRIGERATOR FUDGE

3--6 oz. pkg. semi-sweet chocolate pieces	4 1/2 c. sugar
	1--14 1/2 oz. can evaporated milk
1--7 1/2 oz. jar marshmallow fluff	1/2 c. butter
	1 t. vanilla

1 c. chopped walnuts

Put semi-sweet chocolate pieces and marshmallow fluff in a large mixing bowl. Boil sugar and milk 6 minutes, stirring constantly. Count time after sugar and milk comes to a full boil. Remove from heat, add butter and vanilla. Pour this hot mixture over the semi-sweet chocolate pieces and marshmallow fluff and beat about 3 minutes until well mixed. Add nuts. Pour into pans that have been lined with aluminum foil. Chill fudge in refrigerator. After fudge is cool and set, remove pans and rewrap in foil. This candy should be stored in refrigerator and will keep indefinitely. Makes 4 1/2 pounds.

CREAM NUT CARAMELS

2 c. sugar	1/3 c. butter
1 c. light corn syrup	1/2 t. salt
2 c. light cream	1 t. vanilla

1/2 c. chopped nuts

In a 3 quart saucepan combine sugar, corn syrup and 1 c. of the cream. Cook about 10 minutes, add remaining 1 c. cream and cook about 5 minutes, have heat low. Add butter a little at a time and cook to 244 degrees, stirring occasionally to prevent scorching. Add salt and vanilla. If adding nuts, let caramel stand 10 minutes before adding so the nuts will not sink to bottom of caramel. Pour into well buttered 8 inch square pan. When cool cut into squares and wrap at once into squares of waxed paper or cellophane to prevent candy from spreading. (Caramels will keep indefinitely.)

December 5, 1958

HONEY DIPPED COCONUT MARSHMALLOWS

1/2 c. light corn syrup	1/2 pound moist shredded coconut
1/4 c. honey	
2 T. water	1 pound whole marshmallows

In a 1 quart saucepan combine corn syrup, honey and water. Mix well and cook over medium heat to 226 degrees. Remove from heat and let stand until cool, about 15 minutes. When cool, dip marshmallows into syrup and then into bowl of coconut (toasted or colored). Cover thoroughly and press coconut firmly into marshmallow. Place on wax paper or in individual candy cups. Makes 2 pounds.

PEANUT BRITTLE

1 1/2 c. granulated sugar	2 c. salted peanuts
1 1/2 c. white corn syrup	1 t. baking soda
1/4 c. water	1/2 t. vanilla
2 T. butter	2 t. cold water

In a 2 quart heavy saucepan, combine sugar, corn syrup and water. Cook, stirring constantly, until mixture begins to boil. Cook without stirring until firm ball is reached, or 275 degrees. Add butter and peanuts and stir constantly for about 5 minutes over low heat. Cook to 300 degrees or brittle ball in cold water. Remove from heat, add soda combined with vanilla and water. Stir entire mixture for about 1/2 minute or until brittle rises. Pour onto well greased marble or cookie sheets, well buttered. Spread brittle as thin as possible. Be sure to loosen bottom of brittle several times during cooling. When cold bread into pieces.

SAND TARTS

(Keep forever.) Delicious and crisp. A wonderful Christmas Cookie to make right now. Store in tightly covered container.

1/2 c. butter	2 c. flour
1 c. sugar	2 t. baking powder
1 T. water	1/2 t. vanilla
1 egg	(Cream, cinnamon, and sugar)

Cream butter and sugar. Add egg and water and mix well. Sift flour and baking powder. Add to first mixture with vanilla. Roll dough and cut into desired shapes (usually heart or diamond shapes). Brush with a little cream and sprinkle with cinnamon sugar. Bake at 350 degrees for 10 to 12 minutes. Makes 4 dozen.

WROC - Television
Channel 5

TRUDY McNALL'S
HOME COOKING RECIPES

December 8 - 19, 1958

Weekdays
2:30 P.M.

December 8, 1958

CHRISTMAS CAROL COOKIES

(If cookie cutters are not used make cardboard shapes before starting to mix cookie dough. Patterns are on separate sheet. Trace patterns and cut them out of light cardboard. Before using shapes, cover with aluminum foil.)

RECIPE FOR CUT-OUT COOKIES

2 c. sugar	2 eggs
1 t. soda	4 T. cream
1/2 t. salt	Grated rind 1 orange
4 c. flour	1 t. almond flavoring
1 c. shortening (part butter)	1 t. vanilla

Combine dry ingredients, cut in shortening as for pie crust. Combine eggs and cream and add with orange rind and flavorings. Roll dough quite thin on lightly floured surface. Cut in desired shapes, if using cardboard patterns use a pointed skewer or a hat pin cutting through dough as you trace. Bake on lightly greased cookie sheet 10 minutes at 350 degrees. About 6 dozen cookies.

1. O TANNENBAUM--Tree pattern. Spread cookie with green frosting. Allow frosting to dry before applying decorations with pastry tube. Use small star shaped tube (No. 15) and form a garland of white icing in zigzag fashion back and forth as per pattern. A few red cinnamon drops or silver dragees are attractive to simulate a string of lights. O Tannenbaum, originally a German love song now invested with Christian significance and Christmas spirit.

2. CAROL OF THE BELLS--Spread these with red, green or white icing. At the tip of each bell, place a red cinnamon drop to serve as a clapper. With a round shaped tube (No. 4) make lines across the bell in a contrasting color, using the same tube to form the bar attached to the clapper. Carol of the Bells, a typical Russian folk type carol.

3. THE HOLLY AND THE IVY--Cover the wreath pattern with white icing. Put on small sprays of holly using a leaf tube. (It is difficult to draw a leaf so this does not show in the picture.) Leaf tube is No. 68. To make the berries use red cinnamon candies or using a plain tube No. 4 force out small blobs of frosting. The Holly and the Ivy were used in pagan celebrations in Old England and now the holly bears a berry as red as any blood, and Mary bore sweet Jesus Christ to do poor sinners good.

4. DECK THE HALLS--These can be almost any shape--round, oblong, diamond shaped. The decorating ideas are numerous. Get out your own Christmas tree decorations for inspirations and ideas. This is the round design pictured on pattern page. Deck the Halls is said to be an old Welsh tune, dating from the 17th century.

5. DECK THE HALLS WITH BOUGHS OF HOLLY The holly design for this cookie. Cover with green icing. Mark veins in leaf with a toothpick. Make holly berries on leaf with cinnamon drops.

6. ANGELS WE HAVE HEARD ON HIGH--Spread angel with white icing on the wings. Leave face of angel unfrosted. Fill in the features with a toothpick. Use pale yellow frosting for the hair, use silver dragees on the wings. Make a scallop around the neck and the bottom of the wings with a medium sized star tube, using white frosting. Star tube No. 15. Angels We Have Heard on High an old French carol dating back to the 17th century.

7. JOY TO THE WORLD--Use the horn pattern for this cookie. Spread the cookie with white or yellow icing and trim with red or green icing or a combination of the two using a small plain point No. 2 or 3. Tune is attributed to Handel but words are taken from the Psalms of David. With trumpets and the sound of the horn make a joyful voice before the King, the Lord.

8. SING WE NOEL--Use the open book design. Spread with white icing. Make a border along the bottom of the cookie with yellow icing. Write Noel on the cookie with red or green icing. Sing We Noel is a sixteenth century French carol.

9. SANTA CLAUS IS COMING TO TOWN--Santa's beard and top of hat should be white. Use the tip of a knife to swirl Santa's beard. Use a medium sized camel's hair paint brush for painting Santa's features. Use diluted liquid food coloring, blue for his eyes. Paint some pink cheeks and red mouth with white frosting surrounding. (Although this is not a Christmas carol, Santa Claus is Christmas for the children in many ways. They will love this cookie.

FROSTING FOR COOKIES

Combine 2 egg whites, 4 c. confectioners sugar, 1 t. vanilla or almond flavoring and 2 T. water. Combine in small bowl of electric mixer and beat until well blended.

December 9, 1958

CHRISTMAS LIGHTS

1 c. shortening	1/2 t. soda
1 c. brown sugar	1/2 t. salt
1 c. white sugar	2 c. quick cooking rolled oats
2 eggs	
1 t. vanilla	1 c. coconut
2 c. flour	1 c. gumdrops, cut in small pieces
1 t. baking powder	

1/4 c. extra gumdrops for decorations

Cream shortening and sugars; add eggs and beat well. Add vanilla. Sift dry ingredients, add to creamed mixture. Add oats, coconut and gumdrops. Roll into small balls; place on lightly greased cookie sheet. Press flat with a fork. Decorate with pieces of colored gumdrops, red, green and yellow are effective. Bake at 375 degrees for 10 minutes. Makes 7 dozen. Cookies will keep, store in tightly covered container.

DATE PORCUPINES

2 eggs	3/4 c. flour
1 T. melted butter	1/2 t. salt
1 t. vanilla	1/4 pound coconut
1 c. chopped dates	Liquid coloring to tint coconut or buy colored coconut
1 c. chopped walnuts	

Beat eggs well, add butter and vanilla. Sift flour and salt, add to first mixture. Stir in dates and walnuts. Form into small balls and roll in coconut. Bake on lightly greased cookie sheet 350 degrees for 12 to 15 minutes. Makes 3 dozen. To tint coconut place coconut in paper bag, add a few drops of food coloring, shake bag. Cookies will keep, store in tightly covered container.

December 10, 1958

FRENCH CHOCOLATES

(Make now, store in cool place or refrigerator.)

2 c. semisweet chocolate bits	1 t. vanilla
1--15 oz. can sweetened condensed milk	1 c. chopped nuts
	Shredded coconut
	Almond slivers
	Chopped nuts

Melt chocolate over hot (not boiling) water. Stir in condensed milk, vanilla and chopped nuts. Let mixture cool. Roll cooled mixture into small balls between the palms of your hands. Keep your hands well greased. Dip into shredded coconut, almond slivers or chopped nuts. Chill well before serving. Makes 60 pieces about 2 pounds.

PANOCHA NUT ROLL

2 c. granulated sugar	1 c. evaporated milk
1 c. brown sugar	1 1/2 c. chopped pecans
1/2 c. light corn syrup	

Combine sugars, corn syrup and evaporated milk. Cook, stirring constantly, until sugars are dissolved. Cook to soft ball stage (236 degrees F.). Cool at room temperature without stirring until lukewarm. Beat the mixture until it will hold its shape. Knead cooled mixture until firm. Shape into rolls about 1 inch in diameter. Roll on a lightly greased board or a greased cookie sheet. Roll in finely chopped pecans. Press nuts firmly into candy. Wrap in aluminum foil or waxed paper. Store in tightly covered tin can. When ready to serve slice in 1/2 inch thick slices. Keeps well. Makes about 55 pieces or about 2 pounds.

December 12, 1958

MACAROON TARTS

1 c. butter	2 c. flour (DAISY Pastry will make tarts especially tender)
1/2 c. sugar	
1 egg	2 eggs
1 t. vanilla	1/2 c. sugar

1 1/4 c. finely ground almonds

Cream butter and sugar together, beat in egg and vanilla. Stir in flour. Drop a teaspoonful of batter into greased tiny muffin cup, pressing batter over bottom and up around sides, a coating about 1/4 inch thick, leaving center hollow. Chill. Fill each hollow with the following filling. Beat eggs until light and foamy, gradually beat in sugar and then stir in ground nuts. Fill hollows of cookies with this mixture. Bake until delicately browned at 325 degrees for about 25 minutes. Yield: 2 doz. Note: These are pretty to add just one or two to a cookie collection if you are giving for a gift. Do not make too far ahead. Will keep about a week or they can be made now and frozen.

POINSETTIA BALLS

3 c. flour	1 T. grated orange rind
1/2 t. soda	1 T. grated lemon rind
1/2 t. salt	2 T. lemon juice
1 c. butter	2 egg whites
2/3 c. honey	1 1/2 c. finely chopped pecans
2 egg yolks	1/2 pound candied cherries

Sift flour, soda and salt. Cream butter and honey until light. Beat in egg yolks. Stir in lemon and orange rind and lemon juice. Add dry ingredients gradually and blend well. Chill dough 1 hour. Beat egg whites slightly, form the chilled dough into balls about 1 inch in diameter. Dip in the egg whites and roll in pecans. Place 2 inches apart on lightly greased cookie sheet. Cut each cherry with scissors from top almost to bottom in thin slices to form petals. Spread a cut cherry on top of each cookie, place a bit of nut in center of each. Bake at 325 degrees for 18 to 20 minutes. Makes about 6 dozen. Cookies will keep well in tightly covered container.

GINGER CRISPS

1 c. shortening (part butter)	3 1/4 c. flour
1 1/2 c. sugar	2 t. soda
1 T. grated orange rind	2 t. cinnamon
2 T. molasses or dark corn syrup	1 t. ginger
	1/2 t. cloves
1 T. water	Blanched almonds

Cream shortening and sugar. Add egg and beat until light and fluffy. Add orange rind, molasses and water; mix well. Sift dry ingredients; stir into creamed mixture. Chill dough. Roll out on lightly floured surface to 1/8 inch thickness. For a sparkly look, sprinkle dough with white or colored granulated sugar and press into dough with a rolling pin. Cut in desired shapes with floured cutter. Place a blanched almond half on top each cookie. Bake at 375 degrees for 8 to 10 minutes. Makes 8 dozen.

December 15 and December 16, 1958

"Some Special Foods of Christmas"

STOLLEN

(This yeast bread is baked as universally for Christmas in Germany as are hot cross buns for Good Friday in America. The long, sweet loaf filled with raisins and candied fruits, and often almonds is a special favorite of many of us at Christmas time. The folded shape represents the Christ Child in his swaddling clothes.)

1/4 c. milk	1 package dry yeast or 1 cake compressed
1/4 c. sugar	
2 T. shortening	1 egg, beaten
3/4 t. salt	2 1/2 c. flour
1/4 c. warm water	2 T. butter

2/3 c. diced candied fruit

Scald milk; stir in sugar, shortening and salt. Cool to lukewarm. Dissolve yeast in warm water; blend in cooled milk mixture. Add egg and half the flour. Beat until smooth, add remaining flour,

(over)

turn out on lightly floured surface and knead until smooth and elastic. Place in greased bowl; brush the top with butter. Cover; let rise in a warm place until doubled in bulk, about 1 hour and 15 minutes. Punch down and turn out on lightly floured board. Spread fruits over dough and knead to distribute evenly. Pat the dough into an oval about 10" x 14", spread with butter. Fold in two the long way. Press folded edge firmly so it won't spring open. Place on lightly greased baking sheet. Brush with butter. Let rise about 1 hour or until doubled in bulk. Bake at 375 degrees for 40 to 45 minutes. Note: If desired, frost while still warm with confectioners frosting and decorate with candied fruits and slivered almonds.

OLD WORLD CHRISTMAS HONEY CAKE

(Cakes made of honey and butter have always been considered particularly appropriate to the Christmas season, for Isiah's prophecy of the coming of the Prince of Peace included these words, "Butter and honey shall be eat, that he may know to refuse the evil and choose the good." Medieval miracle plays showed gifts of butter and honey being offered to the Christ Child.)

3 eggs	1/2 t. soda
1 c. brown sugar	1 t. salt
3 T. melted butter	1/2 t. nutmeg
1 t. grated orange peel	1/4 t. cloves
3/4 c. honey	1/3 c. strong coffee or tea
2 1/2 c. flour	
3/4 t. baking powder	1/4 c. orange juice

Beat eggs until thick and frothy; gradually beat in sugar. Blend in butter and orange peel and honey. Sift dry ingredients, add alternately with liquids; blend until smooth. Line a 10 x 5 x 3 inch pan with waxed paper which has been greased. Pour in batter. Bake at 350 degrees for 1 hour and 15 minutes. Remove waxed paper from cooled cake. Sift confectioners sugar on top or spread with Almond Brittle Topping when ready to serve. Makes 1 loaf. For Almond Brittle Topping: Combine 3 T. honey, 1/2 c. toasted chopped almonds, 1/3 c. sugar, 3 T. butter, 1/8 t. salt, 1/8 t. cinnamon and 1/4 t. vanilla. Heat ingredients until they boil. Remove from heat and cool before spreading on cake.

MINCE PIE

(Remembering that the Wise Men brought gifts of Eastern spices to the Infant Jesus, the early Christian housewife seasoned her Christmas foods liberally. This tradition has been carried down through the centuries and Christmas has been a season of rich flavors and aromas. To the incense of the Wise Men we have added the spicy scent of special bakings. Mince pie, for example, represents the manger of Bethlehem; the latticed top is symbolic of the hayrack in the stable. When you try this recipe, why not find an oblong pan and make your pie in the manger shape of old.)

4 c. mincemeat	Pastry (2 c. DAISY Pastry Flour, 1 t. salt, 2/3 c. shortening and about 1/4 c. cold water or milk)
1/3 c. cider, orange juice, sherry or port	

Heat mincemeat and liquid and turn into pastry lined 10 x 6 x 2 inch pan (leave a slight overhang of pastry around the edges. Weave a lattice top and arrange on top. You'll need about 6 strips of pastry 12 inches long and 8 strips about 8 inches long. Bring bottom crust up over ends of lattice; seal and flute edges. Bake at 425 degrees for 30 to 40 minutes or until crust is a rich golden brown. Serve warm with hard sauce or cheese if desired. Note: This pie may be frozen baked or unbaked. Note: For pie frozen without baking first, when ready to use bake at 400 degrees for 45 to 50 minutes or until nice and brown. If pie is baked before frozen, when ready to use thaw unopened package at room temperature 1 hour or bake in oven at 350 degrees for about 30 minutes.

PEPPARKAKOR

(At Christmas time Pepparkakor cookies are a must in every Swedish household, and almost always the children take part in making and decorating them; and in Sweden they don't say 8 more shopping days until Christmas but it's 8 more baking days until Christmas.)

HILDA'S PEPPARKAKOR (Swedish)

1 c. sugar	3 c. flour
1/2 c. butter	1 t. soda
1/2 c. molasses	1 t. cinnamon
1/3 c. water	1 t. ginger
1/4 t. cloves	

Combine in a 3 quart saucepan, sugar, butter, molasses and water. Heat to lukewarm, stirring constantly. Remove from heat. Cool. Sift dry ingredients, add to cooled mixture. Beat well. Let stand in refrigerator at least overnight. Place chilled dough about 1/4 at a time on floured surface. Knead 10 strokes. Coat dough with flour, then roll out with floured rolling pin to 1/8 inch thickness. Cut into desired shapes with cookie cutters or pastry wheel. If you wish to hang these cookies on a Christmas tree be sure to make a hole in each cookie through which string can be threaded when you are ready to hang on tree. Place on lightly greased cookie sheet and bake at 375 degrees for 5 to 8 minutes. Decorate with white or colored frosting. Makes 5 to 6 dozen.

SHORTBREAD (Scotch)

1 pound butter	1/8 t. baking powder
1 c. brown sugar	Dash salt
4 -- 4 1/2 c. flour (DAISY Pastry Flour)	

Cream butter and sugar until fluffy. Sift flour, baking powder and salt. Add gradually to sugar mixture. Last addition must be worked in with hands. Dough may be divided into 4 parts and shaped into square logs about 1 1/4 inches in diameter. Wrap in waxed paper and chill several hours or overnight. Slice about 1/4 inch thick and bake at 375 degrees for 12 minutes. Makes 100 cookies. Variations: Dough may be colored... You may roll dough out and cut in fancy shapes, or you may use your springerle rolling pin, or roll dough out to 3/8 inch thickness, cut out with fancy cookie cutters. Cookies are pretty if glazed by brushing with 1 egg yolk mixed with 2 T. milk and then decorating with candied fruits. USE UNGREASED COOKIE SHEET.

December 17, 1958

CHICKEN LIVER CHEESE DIP

(From your kitchen. . .gift foods in pots.)

6 chicken livers	6 ounces cream cheese
2 T. butter	1/4 t. dried tarragon (optional)
1 clove garlic, halved	
2 T. sherry	Sour cream
Salt to taste	

Cut chicken livers into small pieces and saute in butter with the garlic until the livers are lightly browned. Remove livers and discard garlic. Add sherry to the pan and scrape up the drippings. Into a blendor combine livers, drippings, cream cheese, tarragon, and a few tablespoons sour cream. Blend until smooth (or press through a sieve). If necessary add more sour cream to make a mixture of dipping consistency. Season to taste with salt. Pack into containers. Refrigerate. Makes about 1 1/2 cups.

HONEY-CHOCOLATE SUNDAE SAUCE

(This sundae sauce is wonderful because it doesn't harden when you pour it over ice cream.)

1/2 c. butter	1 c. honey
2 T. cornstarch	1 c. water
1/2 c. cocoa	1/2 t. salt
12 marshmallows	

Melt butter, combine cornstarch and cocoa, stir into butter until blended. Pour in honey and water. Heat, stirring constantly until sauce comes to a boil and thickens. Remove from heat, add salt and marshmallows and stir until marshmallows are melted. Yield: 2 1/2 cups.

HARD SAUCE

1/2 c. butter, soft	1 T. brandy (optional) or fruit juice
2 c. confectioners sugar	1/4 c. chopped nuts
2 T. each chopped red and green maraschino cherries	

Cream butter with sugar and brandy. Add nutmeats and cherries. Pack into jars for gifts.

ALMOND PASTE MACAROONS (Italian)

1 pound almond paste	1 c. confectioners sugar
2/3 c. egg whites, unbeaten	1 t. vanilla
1 c. granulated sugar	Veg. colorings, if desired
4 T. flour (DAISY Pastry)	

Cut up almond paste, add egg whites a little at a time and work with electric mixer or hands until mixture is very smooth. Add sugars gradually, then vanilla, add flour. Divide mixture if desired and add colorings. Grease and flour cookie sheet, drop mixture by teaspoonfuls onto cookie sheet. Bake at 300 degrees for 30 minutes. Turn off heat, open oven door and leave cookies in for 15 minutes longer. Store in tightly covered container. Note: Cookies may be baked on aluminum foil. . .they will not stick. They may be decorated with an almond half or a piece of bright red or green cherry.

December 19, 1958

HOMEMADE PEELS ARE WELCOME GIFTS

Peel as many grapefruit as you wish to use. (I use 2.) Cut the peel into strips or petals. Add enough water to peel to cover it. Boil 15 to 20 minutes. Drain and repeat with fresh water twice more (3 times in all). Measure the drained peel, and for each pint of peel add 2 cups sugar, 1 1/2 cups water and 1/8 t. salt. Cool slowly in open kettle until sirup is quite heavy. Do not let it overcook or caramelize. When done, remove from heat and for each pint of peel and sirup add 1 1/2 T. unflavored gelatin that has been softened in 2 T. cold water. Stir well to dissolve gelatin. Let peel stand in sirup until thoroughly cool. Then drain and roll pieces in sugar (colored sugar is very pretty). The addition of gelatin to the peel keeps it nice and soft inside. From this recipe you will get 100 pieces. INEXPENSIVE, and it is the crystallized peel to end all peel.

SOUR CREAM FUDGE

2 squares chocolate	1 c. sour cream
2 c. sugar	1 t. vanilla
Dash salt	

Melt chocolate on low heat or over hot water. Add sugar and blend well, add sour cream and salt, stir and bring slowly to boiling point. Cook without stirring to 232 degrees or a soft ball in cold water. Cool until lukewarm or pour on marble slab which has been slightly moistened with a damp cloth and leave until cool. Beat until smooth and creamy. Press into shallow pan lined with waxed paper and let stand to harden.

ALMOND BUTTER CRUNCH OR OLD ENGLISH NUT TOFFEE

3/4 pound butter	1/2 c. nuts (optional)
2 c. granulated sugar	1/4 t. oil

In a 2 quart saucepan combine butter and sugar. Cook over medium heat, stirring constantly until mixture comes to a full boil and reaches 242 degrees. After boiling begins do not stir or beat unless mixture is browning too rapidly on sides or it curdles or starts to separate. If mixture curdles or separates at any time, beat it until it is smooth, using a wooden spoon. Cook to 300 degrees, lowering the flame during the last few minutes of cooking. Remove from heat, add chopped nuts. Pour into flat 11 x 16 inch baking pan that has been oiled with 1/4 t. oil. Spread to uniform thickness while hot. Allow to stand for several minutes, then mark top into squares. Note: Candy may be poured onto lightly greased marble slab. Makes 1 1/2 pounds. (Takes about 20 minutes to cook.)

WROC - Television
Channel 5

TRUDY McNALL'S HOME COOKING RECIPES

December 22, 1958 - January 2, 1959

Weekdays
2:30 P.M

December 22, 1958

(CHILDREN'S CHRISTMAS PARTY FOR STAFF MEMBERS WROC-TV)

SWEDISH SPRITZ

1 c. butter	1 t. vanilla
1/2 c. shortening	1/2 t. almond extract
1 c. sugar	1/8 t. soda
2 eggs	3 1/2 c. flour

Cream butter, shortening and sugar. Add eggs and flavorings, mix well. Add sifted dry ingredients. Divide dough into thirds. Color 1/3 pink, another green and leave the other 1/3 plain. Fill cookie press or cookie gun with dough. Force dough into desired shapes on an ungreased baking sheet. Bake at 400 degrees for about 8 minutes or until just set. DO NOT BROWN. Makes 10 dozen cookies. These will freeze.

THUMB PRINTS

1 1/2 c. flour	Confectioners sugar
1/2 t. salt	3/4 c. chocolate bits
1/2 c. butter	1 T. shortening
1/2 c. brown sugar	2 T. light corn syrup
1 t. vanilla	1 T. water
2 T. milk	1 t. vanilla
1/4 c. chocolate bits, chopped	

Sift flour and salt. Cream butter and brown sugar, add vanilla. Add sifted dry ingredients, milk and 1/4 c. chocolate bits, finely chopped. Shape into 1-inch balls and place on ungreased baking sheet. Make a depression in center of each cookie with your thumb. Bake at 375 degrees for 10 to 12 minutes. Roll while warm in confectioners sugar. Melt the 3/4 c. chocolate bits with the shortening. Stir in corn syrup, water and vanilla. Fill depression in each cookie. Makes 3 dozen. These will freeze.

MAKE A GINGERBREAD COOKIE BOX

1/2 c. shortening (part butter)	1 t. allspice
1 c. brown sugar	1 1/2 c. light molasses
2 t. salt	2 t. soda
1 t. cinnamon	2/3 c. water, apple cider or orange juice
1 t. ginger	6 1/2 to 7 cups flour
1 t. cloves	

Cream shortening, sugar, salt and spices. Add molasses and blend well. Dissolve soda in water or other juice and add to first mixture. Stir in flour, adding only enough to make a stiff dough. Chill several hours. Roll out dough about 1/4 inch thick and cut in these dimensions: top and bottom of cookie box, 7 x 10 inches; ends of box, 4 x 7 inches; sides, 4 x 10 inches. Bake on lightly greased cookie sheet at 350 degrees for about 15 minutes or until lightly browned. The gingerbread should be done but not crisp so you can at once poke holes through the sides making holes about 3/4 inch apart, matching them on the adjoining pieces so you can lace them. (You will have 6 pieces in all.) Lay the pieces down flat and with a sharp pointed skewer, make holes. Thread ribbon through a large-eyed needle, and lace the bottom piece to the sides and ends first, keeping them flat; then lace the corners of the ends and sides together. (You may need someone to help you draw up the corners and tie the ribbon ends in a bow.) Last, lace on the top which you can decorate with confectioners frosting using a pastry tube, perhaps writing the name of the person for whom it is intended. Note: One recipe of the dough will be more than enough for the box. GINGERBREAD CHRISTMAS CARDS: Roll the remaining dough about 3/8 inch thick and cut into desired size and shape for cards--squares, oblongs or ovals. Bake at 350 degrees for about 10 minutes. Use confectioners icing for decorating the cookies and to write a Christmas message.

CAROLING CAKE

Bake a cake in a ring mold. Cover with pink frosting and decorate around the sides with white frosting angels. Surround cake with white coconut. Build a Christmas ball tree by wiring balls of different colors and sizes together; place in center of ring.

December 23, 1958

ORANGE NUT BREAD

(This bread would make a particularly nice Christmas gift for a friend. The loaf is full of flavor, moist and crusty. Nice for party sandwiches and it's wonderful toasted. Bread may be frozen.)

2 c. flour	1 T. grated orange rind
1 t. salt	3/4 c. orange juice
1 t. soda	1/4 t. grated lemon rind
3/4 c. sugar	2 T. lemon juice
1/2 c. chopped nuts	2 T. melted shortening or salad oil
1 egg	

Sift flour, salt, soda and sugar, mix in the chopped nuts. Combine egg, grated rinds, juices and shortening. Stir in dry ingredients and mix only until blended. Do not overmix. Turn into greased and floured 5 x 9 inch loaf pan. Bake at 350 degrees for 1 hour or until done.

MOLD SUGAR BELLS

(Use these to decorate holiday cakes or other desserts. Make them in various colors.)

3 c. sugar	Small colored Christmas balls
1 egg white, unbeaten	Ribbon
Vegetable coloring	

Combine sugar and egg white, mix until well blended. Squeeze a little of the mixture in your hand, if it holds the print of your fingers, it's moist enough. If it is too dry, mix in a few drops of water. Pack sugar into bell mold (you can probably find one of these bells among your Christmas decorations). Bells are, of course, hollow. Tap bell gently, lift off mold. Let bell harden about 1 hour, the longer the bells dry, the thicker the sides will be. Carefully scrape moist sugar from inside the bell leaving 1/8 to 1/4 inch thick, a spatula is good to use. With toothpick or skewer make hole in top of bell. String colored Christmas tree ball on ribbon; draw through hole; tie several bells together with bow on top.

BUFFET CHICKEN CASSEROLE

6 ounces Bravo medium noodles	2 c. diced cooked chicken
1 can condensed cream of chicken soup	1 c. celery, sliced
1--6 ounce can evaporated milk	1/4 c. diced green pepper
1 t. salt	1/4 c. diced pimiento
1 1/2 c. shredded American cheese	1 c. slivered toasted almonds
	Buttered bread crumbs
	Strained cranberry sauce (canned)

Cook noodles in boiling salted water until tender, drain. Form nest in greased 2 quart casserole. Combine soup, milk and salt, heat, add cheese and stir until cheese is melted. Add remaining ingredients except 1/2 c. of the almonds, bread crumbs and cranberry sauce. Pour over the noodles, top with almonds and bread crumbs. Bake uncovered at 400 degrees for about 20 minutes. Garnish with cranberry stars. 6 servings.

SNOWFLAKE CHRISTMAS PIE

1/2 c. sugar	1/4 t. cream of tartar
1/4 c. flour	1/2 c. sugar
1/4 t. salt	3/4 c. coconut
1 T. unflavored gelatin	1/2 c. chopped mixed candied fruit
1 1/2 c. milk	1/4 c. chopped toasted almonds
3/4 t. vanilla	Baked 9-inch pie shell
1/4 t. almond extract	Plump gum drops for garnish
1/2 c. heavy cream, whipped	
3 egg whites	

Combine 1/2 c. sugar, flour, salt and gelatin in saucepan. Stir in milk and cook over low heat, stirring constantly until mixture becomes very thick. Cool; beat until smooth; fold in flavorings and whipped cream. Beat egg whites until frothy, add cream of tartar and beat until soft peaks are formed, add 1/2 c. sugar and beat until stiff peaks are formed; fold in gelatin mixture; add coconut, fruits and almonds. Pour into baked pie shell and chill until firm. For decoration roll gumdrops out flat on waxed paper (sugar keeps candy from sticking). Cut out star for center of pie and make a snowflake design from many narrow strips.

SUGGESTED MENU FOR BUFFET: Buffet Chicken Casserole, Tossed Salad, Orange Nut Bread, Snowflake Christmas Pie, Coffee.

December 24, 1958

Display of all Christmas Foods made for the past several weeks to be packed and sent to some folks less fortunate than you or I.

CROQUEMBOUCHE

(This dessert is one of the loveliest of all pastries. It is one of the most royal of all desserts and yet the cream puff itself is easy to make. Very pretty as a centerpiece for a buffet while serving as a delicious glamorous dessert. Looks like a tree. . .for a Christmas effect, place holly around base of the Croquembouche.)

Pate a Choux (Cream Puff Paste):

1/2 c. hot water	1/2 t. sugar
1/4 c. butter	1/2 c. plus 1 T. flour
Pinch salt	2 eggs

In a saucepan combine hot water, butter and salt. Bring to a boil and when butter is melted add all at once the sugar and flour, stir vigorously with a wooden spoon until the paste comes away from the heat and add 2 eggs one at a time, beating vigorously with an electric mixer or by hand until the mixture is thick and glossy. Drop the dough into mounds, about the size of walnuts, onto a ungreased baking sheet and bake at 425 degrees 15 to 18 minutes or until golden brown. If puffs are not dry, turn oven off and leave puffs in for 10 minutes or until they are dry. Cool before filling.

Pastry Base:

Make a circle 9 inches in diameter of rich pie crust dough. Prick the dough with the tines of a fork and bake on an ungreased baking sheet at 450 degrees for about 12 minutes or until crust begins to brown. DO NOT OVERBAKE.

To Build the Croquembouche:

Place baked pastry base on a 12-inch doily on a large serving plate. Dip the bottoms of the cream puffs (cream puffs may be filled with whipped cream or cream filling) into hot caramel syrup one at a time and arrange a row of puffs around the outer edge of the base. Place a second row of puffs over the spaces between the first row of puffs. Continue to build the pyramid in this fashion and top with one final puff. Sprinkle generously with confectioners sugar.

December 25, 1958

BEST WISHES TO ONE AND ALL FOR A VERY MERRY CHRISTMAS

December 26, 1958

DEVILED TUNA CASSEROLE

4 oz. Bravo noodles	Dash tabasco
1/4 c. butter	1 T. Worcestershire sauce
1/4 c. flour	1/4 c. ketchup
2 c. milk	2 T. chopped pimiento
1 t. salt	1 clove garlic, minced
Dash pepper	2 T. minced parsley
1/2 c. sliced canned mushrooms	2--7 oz. cans tuna fish, drained and flaked
1 1/2 t. paprika	

Cook noodles according to package directions. Drain. Melt butter, blend in flour. Add milk gradually and cook until thickened. Add remaining ingredients. Combine sauce with cooked noodles. Pour into buttered 1 1/2 quart casserole and bake uncovered at 375 degrees for 30 minutes. Serves 6.

ORANGE GLAZED BAKED APPLES

4 large baking apples
1 c. brown sugar
1/3 c. chopped nuts
1/2 c. water
1/2 c. orange juice
1 t. orange rind
1 T. butter

Core the apples. Peel about 1/3 of the way down from the stem end. Put in a shallow baking dish. Combine 1/3 cup of the brown sugar and the nuts. Fill apples with this mixture. Combine remaining sugar, water and orange juice and rind. Stir on low heat until sugar melts, then simmer for 10 minutes. Pour over apples. Dot apples with butter. Bake uncovered at 375 degrees for 35 to 40 minutes or until tender. Baste 2 or 3 times with the syrup in the baking dish while baking. Note: Bake apples with casserole.

GINGER CREAMS

2 1/4 c. flour
1/2 t. salt
1/2 t. soda
1 t. ginger
1/2 t. nutmeg
1/2 t. cloves
1/2 t. cinnamon
1/4 c. shortening
1/2 c. brown sugar
1 egg
1/2 c. light molasses
1/2 c. hot water

Sift dry ingredients. Cream shortening and sugar, add egg and blend well. Add molasses, then sifted dry ingredients alternately with hot water. Chill dough well. Drop by tablespoonfuls onto lightly greased cookie sheet and bake at 400 degrees for 8 to 9 minutes. While still warm, frost with Cream Icing. Makes about 3 1/2 doz. These will freeze.

Cream Icing:

1 1/2 c. sifted confectioners sugar
2 T. butter
2 T. cream (about)

Blend sugar into softened butter, adding cream to make a desirable consistency.

SUGGESTED MENU: Deviled Tuna Casserole, Buttered Broccoli, Citrus Salad, Orange Glazed Baked Apples, Ginger Creams.

December 29, 1958

SPANISH RICE PARMESAN

1/4 c. butter
1 medium onion, sliced
1/2 green pepper, diced
1 1/3 c. Minute Rice
1 1/2 c. hot water
2 cans (8 oz. each) tomato sauce
1 t. salt
Dash pepper
1/2 t. prepared mustard
Parmesan cheese

Melt butter, add onion, green pepper and rice. Cook, stirring until lightly browned. Add remaining ingredients except cheese. Mix well. Bring quickly to a boil, reduce heat and simmer, uncovered for 5 minutes. Sprinkle with cheese before serving. Makes 4 servings.

ELEGANT FUDGE CAKE

2 1/4 c. cake flour
2/3 c. cocoa
1/4 t. baking powder
1 1/4 t. baking soda
1 t. salt
2/3 c. shortening
1 2/3 c. sugar
3 eggs
1 1/3 c. water
1 t. vanilla

Sift flour, cocoa, baking powder, baking soda and salt. Cream shortening and sugar, add eggs and blend well. Add sifted dry ingredients alternately with water and vanilla. Pour into 2 greased and floured 9 inch layer cake pans. Bake at 350 degrees for 30 to 40 minutes. Cool, fill with Date Filling and frost with Favorite Fudge Frosting.

Date Filling:

1--8 oz. pkg. pitted dates, cut up
1/2 c. water
1/8 t. salt
1 t. lemon juice

Combine dates and water with salt in saucepan. Cook uncovered, stirring until all water is absorbed. Cool, stir in lemon juice. Spread between cooled layers.

Favorite Fudge Frosting:

2/3 c. shortening
3 c. sifted confectioners sugar
2 eggs
2 squares unsweetened chocolate, melted
1 t. vanilla

Beat all ingredients together until the mixture is very smooth and has a spreading consistency. This cake, filling and frosting will freeze.

December 30, 1958

SKILLET PORK CHOPS HAWAIIAN

6 pork chops, about 1/2 to 3/4 inch thick
Salt and pepper
1 T. shortening
1 can (20 oz.) pineapple chunks
3/4 c. water
2 T. flour

Sprinkle pork chops with salt and pepper and brown slowly in hot fat in skillet about 10 minutes. Drain off fat. Drain pineapple; reserve. Combine pineapple syrup and water; measure 3/4 cup of the liquid. Add about 1/4 cup liquid to the skillet. Cover and simmer over low heat about 50 minutes, adding more of the measured liquid as it cooks away. Remove chops and keep warm. Spoon off excess fat, leave 2 T. in skillet. Add flour, stir to a smooth paste. Add remaining pineapple water mixture and cook, stirring constantly until mixture thickens and comes to a boil. Add chops to gravy; top with pineapple chunks. Cover and simmer 15 minutes longer.

WESTERN SWEETS

5 T. butter
1 c. raisin bread cubes, crust removed, or white bread
6 c. cooked, cubed sweet potatoes
1 t. salt

Saute bread in butter, add potatoes and salt and fry until brown, stirring occasionally. 6 servings.

DUTCH APPLE DESSERT

2 1/2 c. flour
2 t. baking powder
2 T. sugar
1/2 c. butter
1/2 c. shortening
1 egg, slightly beaten
1 t. vanilla
6 apples, peeled and sliced
1 c. sugar
2 1/2 T. flour
1/2 t. salt
1/4 c. butter
1 1/2 t. cinnamon
Whipped cream

Sift flour, baking powder and sugar. Cut in 1/2 c. butter and shortening until mixture is crumbly. Add vanilla to egg, blend with flour mixture. Press evenly into bottom and sides of a greased 15 1/2 x 10 1/2 x 1" pan. Arrange apple slices in rows to cover dough. Combine remaining ingredients except whipped cream, cutting in the 1/4 c. butter to make a crumb mixture. Sprinkle over apples. Bake at 350 degrees for 45 minutes, or until apples are tender and topping is golden brown. Cut into 9 pieces; serve warm or cold with whipped cream. This will freeze. Heat to thaw.

December 31, 1958

Dips and Dunks, etc. for New Year's Eve

CHEESE CRAB DIP

1/2 c. Roquefort or blue cheese
1/3 c. cream cheese
2 T. mayonnaise
1/2 t. Worcestershire sauce
Dash garlic salt
1 t. lemon juice
1/2 c. crabmeat, fresh or canned

Mix the cheeses together until soft, add remaining ingredients. Place in a bowl on a large tray or plate and surround with potato chips that have been sprinkled with garlic or celery salt and heated.

FROZEN LOG

1/2 pound sharp cheese
8 slices uncooked bacon
1/2 t. Worcestershire sauce
2 small onions
1 t. dry mustard
2 t. mayonnaise

Put all ingredients through a food chopper. Mix, then shape into a roll about the size of a 50-cent piece. Freeze. When ready to serve, slice and put on top of bread or cracker rounds, broil until brown.

CHAFING DISH OYSTERS

In chafing dish or electric fry pan saute 1/2 c. onions (finely chopped) in 2 T. butter. Add 1 c. ketchup, 2 T. Worcestershire sauce and 1 pint oysters, drained. Drop oysters in sauce and heat until the edges curl. Serve with tiny pastry shells. To make Pastry Shells, shape pie crust over a teaspoon and place on a cooky sheet with edges touching to bake. These little slightly turned up cases will hold the sauce that clings to the oysters and will prevent dripping.

MY FAVORITE DIP

Combine 1 cup of Dairy Dressing or Dairy Sour Cream with 1/2 to 3/4 cup chopped French fried onions to make a crunchy paste. You can buy the onions in cans.

A QUICKEE

A hot Roquefort Cheese Puff is wonderful. Mix Roquefort cheese with a little Worcestershire sauce and butter. Pile high on toast rounds or the little pastry bases you make yourself from pie crust. Place in 450 degree oven until hot. Sprinkle with toasted chopped almonds.

January 1, 1959 HAPPY NEW YEAR!

January 2, 1959

SIMPLICITY SKILLET

1/4 lb. bacon, diced
3/4 c. button mushrooms
1/4 c. chopped onion
1 small clove garlic, minced
1/4 t. salt
1 1/4 c. condensed consomme
3/4 c. water
1/4 c. tomato paste
1 t. prepared mustard
1 c. whole kernel corn
4 oz. Bravo macaroni

Brown bacon, mushrooms, onion and garlic in fry pan. Add salt, combine consomme, water, tomato paste and mustard, mixing well. Add to bacon mixture in fry pan, mixing well. Add corn, cover, reduce heat and simmer 5 minutes. Add macaroni, cover and cook until macaroni is tender, about 10 minutes. Serves 4 to 6.

CHOCOLATE GRAHAM CRACKER PIE

2 c. graham cracker crumbs
1/3 c. butter, melted
3 T. cornstarch
3 T. cold water
3 eggs, separated
1/3 c. sugar
Dash salt
2 squares unsweetened chocolate, melted
2 c. milk
1/2 t. vanilla
3 T. confectioners sugar
1 T. sugar

Combine graham cracker crumbs and melted butter. Reserve 1/2 cup of this mixture to sprinkle on top of pie. Place remainder of crumbs in 9 inch greased pie plate. Press firmly down in bottom and work well up sides. Chill. Mix cornstarch and water with egg yolks, the 1/3 c. sugar, salt and chocolate. Stir in milk. Cook until thickened, stirring constantly. Add vanilla. Cool. Beat egg whites until they hold peaks; add confectioners sugar to make meringue. Pour filling into graham cracker-lined pie plate. Top with meringue. Sprinkle remaining crumbs and the 1 T. sugar over top. Bake at 375 degrees for 7 minutes. Chill for at least 2 hours.

TRUDY MC NALL'S

Rochester's FIRST Station

WROC-TV CHANNEL 5

A TRANSCONTINENT TELEVISION CORPORATION STATION

ROCHESTER BROADCASTING CENTER

201 HUMBOLDT STREET, ROCHESTER 3, N. Y.

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Meat Birds . . . . . May 12
Meat Loaf. . . . . Apr. 1

Meats (cont'd)

Mustard Baked Spareribs. . . . . May 29
One Apiece Meat Loaves . . . . . Apr. 14
Parsley Steak Rolls . . . . . May 7
Parsley Steak Rolls . . . . . May 19
Pepper Steaks . . . . . Jan. 13
Pot Roast . . . . . May 11
Pork Birds . . . . . Apr. 28
Pork Chops Creole. . . . . June 17
Prune Braised Pork Chops. . . . . May 6
Rolled Stuffed Flank Steak . . . . . Mar. 30
Salisbury Steak . . . . . June 7
Skillet Stuffed Pork Chops . . . . . June 11
Spanish Lamb . . . . . Feb. 4
Spanish Pork Chops . . . . . Jan. 5
Special Hamburgers . . . . . Jan. 14
Stuffed Beef Log. . . . . Apr. 8
Stuffed Pork Chops. . . . . Feb. 24
Swiss Steak. . . . . Apr. 23
Top Hat Pork Chops . . . . . Feb. 3
Veal Cutlet with Sour Cream Sauce . . . Feb. 23
Veal Scallopini. . . . . Mar. 9
Veal Scallopini. . . . . June 10
Weiner Schnitzel . . . . . June 2

MEAT SUBSTITUTES

Baked Rice . . . . . May 27
Cheese Rice . . . . . Jan. 13
Fluffy Rice . . . . . Mar. 4
Macaroni and Cheese . . . . . Feb. 20
Macaroni Souffle . . . . . Mar. 6
Nippy Cheese Souffle. . . . . Apr. 30
Pizza Eggs . . . . . Feb. 18
Rice with Tomato and Cheese . . . . . Mar. 9
Spaghetti and Meat Balls . . . . . Apr. 16
Spanish Rice with Beef . . . . . Jan. 20
Swiss Cheese and Onion Pie. . . . . Feb. 10

PIES

Banana Cream Pie . . . . . Apr. 27
Best Butterscotch Pie. . . . . Mar. 30
Black Bottom Pie. . . . . May 13
Boston Cream Pie . . . . . June 10
Cherry Meringue Pie . . . . . Jan. 28
Cherry Sundae Pie . . . . . Feb. 18
Chocolate Graham Cracker Pie. . . . . Jan. 2
Chocolate Refrigerator Pie . . . . . June 30
Coconut Custard Pie. . . . . Apr. 21
Creamy Rhubarb Pie. . . . . Apr. 8
French Strawberry. . . . . June 18
Lemon Chiffon Pie . . . . . May 26
Lemon Meringue Pie. . . . . Mar. 19
Lemon Mystery Pie . . . . . Apr. 13
Pineapple Ice Cream Pie. . . . . May 5
Raspberry Chiffon Pie. . . . . Feb. 27
Rhubarb Crumble Pie . . . . . May 6
St. Patrick's Pie . . . . . Mar. 17
Strawberry Cream Pie . . . . . May 21
Toasted Coconut Pineapple Pie. . . . . Mar. 3
Washington Cream Pie . . . . . Feb. 17
Winter Chess Pie. . . . . Feb. 4

POULTRY

Baked Chicken Legs . . . . . Apr. 7
Broiled Chicken. . . . . May 18
Chicken "Another Special Way" . . . . . May 5
Chicken Cacciatore. . . . . Apr. 13
Chicken Casserole . . . . . Apr. 22
Chicken Chow Mein. . . . . June 3
Company Chicken Ring . . . . . Feb. 9
Corn Crisped Chicken. . . . . Mar. 23

Poultry (cont'd)

Crunchy Crust Fried Chicken. . . . . June 8
Grilled Chicken Breasts . . . . . Jan. 7
Smothered Chicken. . . . . May 27
Southern Fried Broilers . . . . . Apr. 29
Special Broiled Chicken. . . . . June 15

SALADS

Chicken Salad Supreme . . . . . June 24
Cranberry Jewel Salad. . . . . June 8
Crispy Apple Salad. . . . . Jan. 5
Frozen Tomato Salad . . . . . Feb. 25
Hot German Potato Salad. . . . . June 9
Jellied Strawberry Cups. . . . . Apr. 17
Lime Party Salad. . . . . June 29
Perfection Salad. . . . . Apr. 7
Salad Combinations to
Serve with Fish. . . . . Feb. 13
Sour Cream Cucumber Salad . . . . . June 15
Sweet Sour Slaw. . . . . Jan. 23
Trudy's Favorite Salad Dressing. . . . . Apr. 13

SALAD DRESSINGS

A Wonderful "French Dressing". . . . . June 23
Sour Cream Salad Dressing . . . . . Feb. 13

SAUCES

Barbecue Sauce . . . . . Mar. 10
Blendor Hollandaise Sauce. . . . . Apr. 1
Custard Sauce . . . . . Apr. 24
Minute Meringue Peaches . . . . . Apr. 10
Special Tartar Sauce. . . . . June 19
Tartare Sauce . . . . . Jan. 9
Tartare Sauce . . . . . Feb. 13
Tartare Sauce . . . . . Feb. 20
Vanilla Sauce. . . . . June 17

SOUPS

Crab Corn Chowder . . . . . Mar. 17
Old Fashioned Beef Vegetable . . . . . Jan. 21

VEGETABLES

Asparagus. . . . . Apr. 20
Bake a Frozen Vegetable. . . . . Feb. 2
Baked Asparagus . . . . . May 11
Baked Bean Supreme. . . . . Mar. 31
Baked Potatoes DeLuxe . . . . . May 1
Baked Stuffed Potatoes . . . . . Mar. 11
Beans Bostonian. . . . . June 4
Chantilly Potatoes . . . . . Apr. 3
Cottage Potatoes . . . . . Feb. 3
Creamed New Potatoes and Peas. . . . . May 21
Double Boiler Creamed Potatoes. . . . . Mar. 13
French Fried Potatoes . . . . . Jan. 30
Glazed Sweet Potatoes. . . . . Jan. 7
Hashed Brown Potatoes. . . . . May 22
Oven Browned Potatoes. . . . . Feb. 3
Oven Cheese Potatoes. . . . . Mar. 30
Oven Cheese Potatoes. . . . . Apr. 14
Parsley Buttered New Potatoes. . . . . May 18
Parsley New Potatoes. . . . . Apr. 20
Potato Cakes. . . . . May 4
Potato Puffs . . . . . Jan. 14
Raw Fried Potatoes . . . . . Mar. 18
Stuffed Cabbage Leaves. . . . . Feb. 16
Super Spuds. . . . . Jan. 16
Stuffed Baked Potatoes . . . . . Feb. 2
Sweet-Sour Carrots . . . . . Jan. 9
Whole Kernel Corn. . . . . Feb. 3

TRUDY MC NALL'S

Rochester's FIRST Station

WROC-TV CHANNEL 5

A TRANSCONTINENT TELEVISION CORPORATION STATION

ROCHESTER BROADCASTING CENTER

201 HUMBOLDT STREET, ROCHESTER 3, N. Y.

2:30 P.M. JANUARY 5 - 16, 1959

January 5, 1959

SPANISH PORK CHOPS

4 pork chops (3/4 inch thick)
1/2 c. raw rice
1 c. sliced onions
1/4 c. minced green pepper
2 t. salt
Dash pepper
1/2 t. paprika
1 t. sugar
1 can (20 oz.) tomatoes

Brown chops on both sides. Add remaining ingredients, bring to a boil, reduce heat and simmer for about 1 1/4 hours. If using electric fry pan, brown chops at 325 degrees, reduce heat after adding other ingredients to 200 degrees. If liquid cooks away too much add a little water. 4 servings.

CRISPY APPLE SALAD

1/3 c. mayonnaise
2 T. lemon juice
1/4 c. chopped celery
1/2 c. chopped nuts
1/3 c. seedless raisins
3 c. diced, unpeeled apples
3 oz. cream cheese, cut in tiny cubes
Lettuce or other salad greens
Parsley

Blend mayonnaise and lemon juice. Add remaining ingredients except salad greens and parsley. Mix well. Cover and place in refrigerator for at least 1 hour before serving. Serve on salad greens and garnish with parsley.

PECAN DATE WEDGES

2 egg whites
1/2 c. butter
1 c. sugar
2 egg yolks
1 T. milk
1/2 c. chopped pecans
1 c. pitted dates, cut in small pieces
1 t. vanilla
Cinnamon
Whipped cream (Genesee Country medium or heavy cream)

Beat egg whites until stiff. Cream butter, sugar, egg yolks and milk. Fold in pecans, dates, vanilla, then beaten egg whites. Turn into well buttered 9 inch pie plate. Sprinkle with cinnamon. Bake at 350 degrees for 30 minutes or until knife inserted in center comes out clean. Cut in 6 wedges while warm. Serve warm or cold topped with whipped cream. These will freeze.

MENU: Spanish Pork Chops, 2'gether (Green Beans with Mushrooms), Crispy Apple Salad, Pecan Date Wedges.

January 6, 1959

HOMEMADE GRIDDLE CAKES

2 c. flour
3 t. baking powder
1 t. salt
2 T. sugar
1 1/2 c. milk
1 egg
3 T. melted butter or salad oil
1/2 t. vanilla (if desired)

Sift flour, baking powder, salt and sugar. Combine egg and milk, pour over dry ingredients and mix, just until blended. Stir in butter and vanilla. Bake on preheated griddle, turning only once to brown both sides (2 to 3 minutes). Makes about 2 dozen cakes. Serve with SCHRADER'S sausage and maple syrup.

(On the twelfth day after Christmas which is January 6, it is believed in many countries that the Three Wise Men reached the manger where Christ was born. In this country it is the night the Christmas tree comes down--the Eve of Epiphany or Twelfth Night. How about having some friends in and serving Pound Cake with coffee or hot chocolate.)

GRANDMOTHER'S POUND CAKE

1 c. soft butter
1 c. sugar
1/4 t. grated lemon rind
1 T. lemon juice
4 eggs (1 cup)
2 c. cake flour or 1 7/8 c. all-purpose flour
1/4 t. baking powder

Cream butter and sugar well, beat in lemon rind and juice. Add eggs, one at a time, beating with mixer about 1 1/2 minute after each addition. Sift flour and baking powder and beat in all at once. Beat for about 1 minute or until very smooth. Pour into greased and floured loaf pan 9 x 5 x 3 inches. Bake in slow oven at 300 degrees for 1 1/4 to 1 1/2 hours. Cool for about 10 minutes in pan before removing. Slice thin and serve plain.

January 7, 1959

GRILLED CHICKEN BREASTS

4 frying chicken breasts
Melted butter
Dressing:
3 T. butter
1/2 c. onion, chopped
2 stalks celery, cut fine
2 T. chopped parsley
8 slices bread, crumbled
1/2 t. salt
Dash pepper
1/4 t. poultry seasoning or sage
1/4 c. water or chicken broth

Remove breast bones from chicken and open breast out flat. Brush both sides with melted butter. Brown chicken on grill, fry pan, or skillet. To make dressing, melt butter, saute onion and celery, add remaining ingredients, toss to blend well. Mound stuffing on breasts. Cover and turn heat to very low. (If using electric grill, use 260 degree temperature. Grill about 45 minutes or until tender.)

GLAZED SWEET POTATOES

Cook sweet potatoes with skins on until almost tender. Peel, brown on both sides on griddle with chicken or in separate skillet, dotting with a little butter and sprinkling with brown sugar.

CHOCOLATE CREAM DROPS

1/2 c. butter or shortening
2 squares unsweetened chocolate, melted
1 1/2 c. sugar
2 eggs
1 c. chopped nuts
1 c. Dairy Dressing or Sour Cream
1 t. vanilla
2 3/4 c. flour
1/2 t. soda
1/2 t. baking powder
1/2 t. salt

Cream butter, add chocolate. Gradually add sugar. Beat in eggs, one at a time; add Dairy Dressing and vanilla. Sift dry ingredients and add, stir in nuts. Chill dough for about 1 hour, if possible. Drop by rounded teaspoonfuls about 2" apart on lightly greased cooky sheet. Bake at 375 degrees for about 10 minutes.

January 9, 1959

NEW ORLEANS CRAB CAKES
(Special Request)

1/3 c. finely chopped green pepper
2 T. butter
4 egg whites
4 egg yolks
1 pound crab meat
1 T. lemon juice
1/2 t. dry mustard
1 t. salt
Dash pepper
1/4 c. shortening

Saute green pepper in butter. Beat egg whites until stiff but not dry. Beat egg yolks until thick and lemon colored. Add crabmeat, green pepper, lemon juice, dry mustard, salt and pepper. Fold in egg whites. Drop immediately by spoonfuls into hot shortening and brown lightly on one side, turn and brown on the other side. Serve with tartare sauce. Makes 12 cakes.

TARTARE SAUCE

1 t. minced onion
2 t. chopped sweet pickle
1 t. chopped olives
1 T. minced parsley
3/4 c. mayonnaise
1 T. vinegar
1/2 T. minced capers (optional)

Fold onion, pickle, olives, parsley and capers into mayonnaise. Add vinegar.

SWEET-SOUR CARROTS

1 bunch carrots, sliced
4 medium onions, sliced
1/2 c. water
1/2 t. salt
2 T. sugar
2 T. vinegar
1 T. cornstarch
Minced parsley

Place carrots, onions, water and salt in saucepan. Cover and cook until tender. Drain, reserving liquid for sauce. Add sugar, vinegar, and cornstarch to vegetable water and stir until thickened. Pour over vegetables. Sprinkle with minced parsley. Serves 6.

* *

NOTE: Please add 1 egg to Ginger Crisps recipe 12/12/58.

PARTY ROLL

3/4 c. cake flour
3/4 t. baking powder
4 eggs
1/4 t. salt
1 t. vanilla
3/4 c. sugar
Superfine sugar for sprinkling
*Semi-sweet filling

Sift flour, baking powder. Beat eggs, salt and vanilla together until very light. Gradually add sugar, beating until thick. Fold in sifted dry ingredients. Grease jelly roll pan 15" x 10 1/4" x 1". Line with waxed paper to within 1/3 inch of the sides. Grease paper and pour in batter. Bake at 375 degrees for 12 to 14 minutes. Loosen edge of cake and turn onto towel sprinkled with superfine sugar. Peel off waxed paper; cut off crisp edges. Lay a piece of fresh waxed paper on the cake and roll quickly like a jelly roll. Wrap in towel; cool. Unroll, remove paper, spread with Semi-Sweet Filling. Reroll in towel until completely cool.

*SEMI-SWEET FILLING

3/4 c. evaporated milk
1/4 c. butter
Dash salt
1 pkg. semi-sweet chocolate pieces (6 oz.)
1/2 c. finely chopped nuts

Combine milk, butter and salt. Place over medium heat until butter is melted, bring to a full boil, stirring constantly. Boil 5 minutes, stirring constantly. Stir in chocolate pieces until melted. Add nuts. Cool about 15 minutes. Fill roll. This will freeze.

January 12, 1959

OLD FASHIONED FRIED CAKES
(By Request)

4 c. flour
3/4 c. sugar
3 t. baking powder
1 t. soda
1 t. salt
1/2 t. nutmeg or cinnamon
1/3 c. shortening
3 eggs, beaten
1 1/4 c. thick buttermilk

Sift flour, sugar, baking powder, soda, salt and spice together. Cut in shortening until the mixture has the appearance of cornmeal. Combine eggs and buttermilk. Work liquid into dry ingredients. Turn dough out on well floured pastry cloth or board and knead for about 1 minute. Chill dough for 2 or 3 hours. Divide dough into 3 parts. Roll dough about 1/4 inch thick. Cut with doughnut cutter, cutting all doughnuts before frying. Fry at 350 degrees for about 1 1/2 minutes on each side. Drain, dust with sugar if desired. Makes about 30. Note: Fry the "holes" for the children --such fun.

HAMBURGER STROGANOFF WITH NOODLES

8 ounce package Bravo noodles
1/2 c. minced onion
1/4 c. butter or shortening
1 pound ground beef
1 clove garlic, minced
2 T. flour
2 t. salt
Dash pepper
1/4 t. paprika
4 oz. can sliced mushrooms
10 1/2 oz. can chicken soup
1 c. Dairy Dressing
Minced parsley

Cook noodles according to directions on package. Saute onion in melted shortening or butter. Add beef and brown. Stir in garlic, flour, salt, pepper, paprika and mushrooms. Saute for several minutes. Add soup, cover and simmer 10 minutes. Stir in Dairy Dressing and top with minced parsley. Yield: 6 servings.

January 13, 1959

PEPPER STEAK

1 1/2 pounds round steak, cut in thin strips
1/3 c. flour
3/4 t. salt
Dash pepper
3 T. shortening
2 c. sliced green pepper
1/2 pound fresh mushrooms, sliced
1/2 c. onion rings
1 No. 2 can tomatoes (2 c.)
1 beef bouillon cube, dissolved in 1/2 c. hot water
1/2 clove garlic, minced (optional)

Dredge steak strips in seasoned flour and brown in hot shortening. Add green pepper, mushrooms and onion. Brown lightly. Add tomatoes, bouillon and garlic. Cover and simmer about 1 hour. Thicken with a little flour and water paste. Serve over cheese rice. Serves 5 to 6.

CHEESE RICE

3 c. cooked rice
1/4 c. butter
1/2 c. grated Parmesan cheese
2 T. minced parsley

Combine all ingredients, stirring well to blend. Serve with Pepper Steak.

DUCHESS SPICE CAKE

3 c. cake flour
1 1/2 t. baking soda
1 t. cinnamon
1/2 t. nutmeg
1/2 t. cloves
1 t. salt
3/4 c. shortening
1 1/4 c. brown sugar
1 c. granulated sugar
3 eggs
1 1/2 c. buttermilk or sour milk

Sift together flour, soda, cinnamon, nutmeg, cloves and salt. Cream shortening and sugars until light and fluffy. Beat in eggs thoroughly. Add sifted dry ingredients alternately with buttermilk. Pour into 2 greased and floured 9-inch layer pans. Bake at 350 degrees for 30 to 35 minutes. Frost with Soft Chocolate Frosting.

SOFT CHOCOLATE FROSTING

4 squares chocolate
1 c. sugar
1 1/2 c. milk
2 T. cornstarch
3 T. water
2 T. butter
1 t. vanilla

Melt chocolate in saucepan. Add sugar and milk and bring to a boil, stirring constantly. Combine cornstarch and water, add slowly to chocolate mixture, stirring until thick. Remove from heat, add butter and vanilla. Chill before icing cake. Cake and frosting will freeze.

January 14, 1959

SPECIAL HAMBURGERS

2 pounds ground beef
1 t. salt
Dash pepper
1 egg, slightly beaten
Melted butter
6 T. tomato paste
6 large onion slices
12 thin slices Mozzarella cheese
Grated Parmesan cheese

Combine beef, salt, pepper and egg. Mix well. Shape in square about 1 inch thick. Cut into 6 squares. Place squares on broiler rack so that surface of meat is 4 inches from unit. Brush with melted butter. Broil until brown, about 8 minutes. Turn, brush again with butter and broil 3 minutes. Spread with tomato paste, top with onion and cheese. Sprinkle with Parmesan cheese. Broil 4 minutes longer, until cheese melts and browns. Serves 6.

POTATO PUFFS

1 egg, separated
3 c. mashed potatoes, seasoned
1/4 c. hot milk
1 t. grated onion
3 T. minced parsley
1 t. salt
Dash pepper
Melted butter

Beat egg white until stiff. Beat egg yolk slightly and add to potatoes along with milk, onion, parsley, salt and pepper. Fold egg white, stiffly beaten, into potato mixture. Form into 6 mounds on a sheet of heavy aluminum foil. Place on broiler rack when hamburgers are turned. Brush with melted butter and broil about 6 minutes. Serves 6.

CHOCOLATE ANGEL FOOD CAKE

1 c. plus 1 T. cake flour
1/4 c. cocoa
3/4 c. sugar
1 2/3 c. egg whites (about 1 dozen)
1/2 t. salt
1 1/2 t. cream of tartar
1 1/2 t. vanilla
1 c. sugar

Sift flour, cocoa and the 3/4 c. sugar. Combine egg whites, salt, cream of tartar and vanilla in large mixer bowl. Beat until whites are stiff and stand in peaks. Add the 1 c. sugar gradually. Using lowest speed of electric mixer, add sifted dry ingredients, mixing only until well blended. Cut through batter, folding over and over a few times with rubber scraper. Push batter into ungreased 10" tube pan. Cut through batter several times with a spatula going around in widening circles without lifting spatula. Bake at 375 degrees for 35 minutes or until done. Invert at once, let hang until completely cold. This cake will freeze. Serve with Lemon Whipped Cream.

LEMON WHIPPED CREAM: Whip 1 c. Genesee Country Medium or Heavy Cream until stiff. Add 2 T. confectioners sugar and 2 t. grated lemon rind.

January 16, 1959

LEMON BARBECUED ROCK LOBSTER TAILS

4 Rock lobster tails, uncooked
1/2 c. butter
1 small clove garlic, minced
1/2 t. salt
Dash pepper
1/4 c. lemon juice

Cut the lobster tail down the center of the hard shell then with a sharp knife, cut through the flesh to the membrane on the underside. Open up lobster tail -- it will resemble a butterfly. (Lobster tails cut this way will not curl during broiling.) Place on the broiler rack with the shell upward. Broil 4 inches from the unit for 10 to 12 minutes. Turn. Melt butter with garlic. Add remaining ingredients. Brush on lobster tails. Broil 8 minutes. Serve at once with remaining sauce.

SUPER SPUDS

6 medium potatoes
1/2 c. water
1 t. salt
1 c. Dairy Dressing
1/2 t. prepared mustard
1/2 t. Worcestershire sauce
1/2 t. salt
Dash pepper
Paprika and parsley

Cook potatoes with water until just tender. Drain and dice. Combine remaining ingredients, add to potatoes, except paprika and parsley. Garnish with the paprika and parsley.

Tip: Serve 2'gether (green beans and mushrooms) for a vegetable.

TOFFEE BARS

1/2 c. butter
1/2 c. shortening
1 c. brown sugar
1 egg yolk
2 c. flour
1 t. vanilla
1--10 3/4 oz. milk chocolate bar
1/4 c. milk
1 T. butter
1 c. chopped nuts

Cream butter and sugar. Add egg yolk. Add flour and vanilla. Mix well. Spread about 1/4 inch thick in jelly roll pan 10 1/2 x 15 1/2. Bake at 350 degrees for 20 to 25 minutes or until lightly browned. Melt chocolate and butter. Spread chocolate over cookies while hot. Sprinkle with nuts. Cut into bars while warm. These will freeze. Makes about 6 dozen 1" x 2" bars.

TRUDY MC NALL'S

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CHANNEL 5
A TRANSCONTINENT TELEVISION CORPORATION STATION
ROCHESTER BROADCASTING CENTER
201 HUMBOLDT STREET, ROCHESTER 3, N. Y.

2:30 P.M. HOME COOKING RECIPES, January 19 - 30, 1959

January 19, 1959

OLD FASHIONED SWEDISH RYE BREAD

1 package active dry yeast or 1 cake compressed yeast
1/4 c. warm water
1/4 c. brown sugar
1/4 c. light molasses
2 T. shortening
1 1/2 c. hot water
2 1/2 c. rye flour
3 T. caraway seed, optional
3 1/2 to 4 c. white flour
1 T. salt

Soften yeast in warm water. In large bowl combine brown sugar, molasses, salt, shortening and hot water. Stir until all sugar is dissolved. Cool to lukewarm. Add the rye flour and beat well. Add softened yeast and caraway seed if desired. Mix well. Stir in white flour to make a soft dough. Cover; let rest 10 minutes. Knead until smooth and elastic, about 10 minutes. Place dough in lightly greased bowl, turning once to grease surface. Cover; let rise in warm place till double in bulk (about 1 1/2 hours). Punch down. Turn out on lightly floured board or pastry cloth and divide in 2 portions. Round each piece of dough into a ball and let rest, covered, 10 minutes. This makes dough easier to handle. Pat balls of dough in 2 round loaves. Place on greased baking sheet or shape into oblong loaves and place in greased 8 1/2 x 4 1/2 x 2 1/2 inch pans. Cover and let rise until double, about 1 1/2 hours. Bake at 375 degrees for 25 to 35 minutes. For soft crust, brush with melted butter after removing from oven. Cool on rack.

ROUND STEAK DINNER

2 pounds round steak, cut 1 inch thick
1/3 c. flour
2 t. salt
1/4 t. pepper
6 medium onions, sliced
1/4 c. shortening
3 potatoes, peeled and halved
1 bay leaf
1 can tomato soup
1 can 2-gether (French style green beans with mushrooms)

Cut meat into serving size pieces and roll in flour seasoned with salt and pepper. Saute onions in melted shortening until limp; remove from pan and set aside, brown meat slowly on both sides in remaining shortening. Transfer browned meat and onions to a 3-quart casserole. Add potatoes and bay leaf. Pour tomato soup over all. Cover and bake at 350 degrees for 1 1/2 hours. Put drained beans on top; cover; bake 10 minutes. Serves 6.

January 20, 1959

SPANISH RICE WITH BEEF

1 1/2 T. shortening or bacon drippings
1 1/4 c. uncooked rice (regular)
1 medium onion, chopped
1 pound ground beef
1 can (No. 303) tomatoes
1 can (6 oz.) mushrooms
1 can (8 oz.) tomato sauce
1 c. water
1/4 t. chili powder
1 t. salt
Dash pepper
1/4 t. oregano

Brown rice in shortening with onion until lightly browned. Add meat and stir until meat is browned. Add remaining ingredients, cover and simmer for 1 hour. Serves 6.

FROSTED MOCHA BROWNIES

3 squares unsweetened chocolate, melted
2 T. dry instant coffee
1 c. shortening (half butter)
2 c. sugar
4 eggs
1 1/2 c. cake flour
1 t. baking powder
1 1/2 t. salt
1 c. chopped nuts

Stir instant coffee into melted chocolate. Cool. Cream shortening and sugar well. Add eggs and beat well. Stir in chocolate. Add sifted dry ingredients and nuts and mix well. Bake in greased and floured jelly roll pan (15 1/2 x 10 1/2 x 1"). Bake at 350 degrees 30 to 35 minutes. Cool. Frost.

Frosting:

1/4 c. butter
3 c. confectioners sugar
3 T. cream
1 t. vanilla

Brown butter LIGHTLY. Beat in other ingredients until frosting is smooth. Spread over brownies. Cut in squares. Yield: 35 squares. Note: These will freeze.

January 21, 1959

The soup can be the supper. . . . .

OLD FASHIONED BEEF VEGETABLE

Beef shank bone with meat (about 1 1/4 pounds)
1 1/2 quarts water
2 bay leaves
1/3 c. chopped celery leaves
3 sprigs parsley
1 T. salt
1 package dehydrated onion soup
1 can (No. 303) tomatoes
1 c. diced carrots
1 c. diced potatoes
1 c. sliced celery
3 T. uncooked rice
1 quart water
1 t. salt
1/2 t. pepper

In large kettle, put the soup bone, 1 1/2 quarts water, bay leaves, celery leaves, parsley and 1 T. salt. Cover and simmer until meat is tender, about 2 1/2 hours. Remove the bone and cut up the meat and return to broth. Mix in the onion soup, add the stewed tomatoes, carrots, potatoes, celery, rice and the 1 quart water, 1 t. salt and pepper. Cover and simmer until vegetables are tender, about 25 minutes. Makes 8 to 10 servings. Note: Soup is delicious reheated the next day. . . To round out the meal add a salad and a bread.

FAVORITE FRENCH BREAD
"For Ross"

1/2 c. milk
1 c. water
2 T. shortening
1 pkg. dry or fresh yeast
1/4 c. lukewarm water
1 T. granulated sugar
4 3/4 c. flour
2 1/2 t. salt
1 1/2 t. granulated sugar

Combine milk and water, bring to a boil. Add shortening and cool to lukewarm. Sprinkle yeast on lukewarm water, add 1 T. sugar and let stand 5 to 10 minutes to soften. Place flour, salt and 1 1/2 t. sugar in large mixing bowl. Make a well in center, pour in combined milk and water. Stir up the yeast and add. Mix well, BUT DO NOT KNEAD. Dough should be soft. Cover bowl with towel and let rise in a warm place until double in bulk. When double, turn out on lightly floured cloth. DO NOT KNEAD. Divide into 3 parts. Form each into French loaf. To do this, flatten dough with hands. Fold 2 opposite sides into center to meet. Fold dough lengthwise in half. Press dough outward from center until you have a long thin roll about 15" x 1 1/4". Place on lightly greased baking sheet. With a knife make 1/8" deep diagonal gashes on top. Let rise uncovered in a warm place until little more than double in bulk. Bake at 400 degrees for 15 minutes, reduce heat to 350 degrees and bake 30 minutes. Remove from oven and brush quickly and lightly with a slightly beaten egg white mixed with water (1 egg white and 2 T. water). Return to oven and bake 5 to 10 minutes or until golden brown. Cool loaves in a draft. This makes the crust crackle. Yield: 3 loaves.

January 22, 1959

STAR MARKET DAY--Shop your nearest Star Market for special values and for your copy of Trudy McNall's Menu of the Week, featuring these special values.

January 23, 1959

DEVILED CRAB

2 c. crabmeat, canned or frozen
1 c. milk or cream
2 T. flour
2 T. butter
1 t. prepared mustard
1 t. salt
1 T. lemon juice
1 T. Worcestershire sauce
Dash nutmeg
1 1/2 c. soft bread crumbs
1 T. melted butter

Heat milk or cream. Combine flour, butter and mustard. Stir flour mixture into milk, cook stirring constantly until thickened. Remove from heat, add salt, lemon juice, Worcestershire sauce and nutmeg. Add crabmeat. Pile into shells, individual ramekins or custard cups which have been well buttered. Toss soft bread crumbs with butter and top crab mixture with them. Bake at 350 degrees until heated through. Serves 4 to 6.

SWEET SOUR SLAW

4 slices bacon
1/4 c. salad oil
1/4 c. sweet pickle juice
2 t. salt
Dash pepper
1 t. sugar
1/8 t. celery salt
1/4 t. paprika
4 1/2 c. shredded cabbage
1/4 c. chopped sweet pickles

Saute bacon until crisp; remove from skillet; drain and crumble. To bacon drippings, add salad oil, pickle juice, salt, pepper, sugar, celery salt and paprika. Pour over cabbage. Stir in pickles. Refrigerate for 2 to 3 hours. Serve on bed of spinach topped with crumbled bacon.

ALMOND BUTTERSCOTCH CREAM PUFFS

1/2 c. water	1/2 c. flour
1/4 c. butter	2 eggs
Dash salt	

Combine water, butter and salt. Bring to a boil. Add flour, all at once to the water, butter mixture and cook, stirring vigorously until mixture forms a ball and leaves the sides of the pan. Remove from heat, add unbeaten eggs, one at a time, beating thoroughly with electric mixer (if you have one) after each addition. Spoon mounds onto ungreased baking sheet about 1 1/2 inches apart. Bake at 400 degrees for 30 to 35 minutes. It is a good idea to allow these to dry in oven several minutes after heat is turned off. Remove from cookie sheet immediately and cool. Immediately after taking from oven take sharp knife and make a small slit in base of cream puff. This permits steam to escape and prevents cream puffs from falling. Makes 6 large puffs, 8 medium puffs. These will freeze.

Filling:

1 egg	1 T. butter
1/3 c. brown sugar	1/2 t. vanilla
2 T. cornstarch	1/2 c. heavy cream
Dash salt	1/4 c. slivered almonds
7/8 c. milk (1 c. less 2 T.)	Confectioners sugar

Beat egg well. Blend sugar, cornstarch and salt. Add milk and butter and cook, stirring until thickened. Stir a little of the mixture into well-beaten egg, then combine with remaining butterscotch mixture, and cook over low heat until thickened. Remove from heat, blend in vanilla. Cool. Whip cream, fold into cooled mixture with almonds. Fill the cream puffs and sprinkle with confectioners sugar.

January 26, 1959

HAMBURGER STROGANOFF

1/2 c. minced onion	1/4 t. pepper
1/4 c. butter	4 oz. can mushrooms
1 lb. ground beef	2 T. flour
1 chopped clove garlic	1 10 oz. can mushroom soup, undiluted
1 t. salt	1 c. Dairy Dressing or Dairy Sour Cream
1/4 c. minced parsley	

Saute onion in butter for a few minutes. Add ground beef in lumps rather than fine pieces and all remaining ingredients except soup, sour cream and parsley. Saute 5 minutes. Add soup; cook for 10 minutes. Stir in Dairy Dressing or Sour Cream. Serve on chow mein noodles, rice or egg noodles. Garnish with parsley. Serves 5 to 6. Note: Make this in electric fry pan if you have one. Saute onion at 360 degrees. Simmer at 250 degrees.

BUTTERMILK BISCUITS (Request)

2 cakes yeast or 2 pkg. active dry	2 t. baking powder
1/4 c. warm water	2 t. salt
2 T. sugar	1/4 c. shortening
4 c. flour	1 1/4 c. buttermilk
	Melted butter

Sprinkle yeast or dissolve yeast cakes in warm water, add sugar, stir until dissolved. Sift flour, baking powder and salt. Cut in shortening with pastry blender until pieces of shortening are very fine. Add buttermilk and yeast; mix to a stiff dough. Turn out on lightly floured surface, knead for a few seconds. Roll dough out 1/2 inch thick. Cut into biscuits. Place barely touching each other in a greased 9 inch square pan. Prick tops several times with a fork, brush with melted butter. Let rise until very light and double in bulk, about 30 minutes. Bake at 425 degrees for 12 minutes. Makes 2 dozen.

MOLASSES COOKIES

1 c. shortening	1 t. cinnamon
1 1/2 c. light molasses	1 1/2 t. ginger
1/4 c. sugar	1/2 t. cloves
4 c. flour	1 egg
1 1/2 t. salt	1 c. seedless raisins
2 t. soda	1 c. chopped nuts

Melt shortening, add molasses and sugar and mix well. Sift flour, salt, soda and spices. Add 1 c. of dry ingredients to the liquids. Beat in egg, add remaining dry ingredients and mix until smooth. Stir in raisins and nuts. Chill. Shape dough into balls about 1 1/2 inches in diameter. Place 2" apart on lightly greased cookie sheets. Bake at 350 degrees for 15 minutes. Makes 5 dozen.

January 27, 1959

BARBECUED CUBE STEAKS

1 egg, well beaten	1/2 c. grated Parmesan cheese
1 t. salt	6 cube steaks
Dash pepper	1/4 c. shortening
1 c. fine dry bread crumbs	2 8 oz. cans tomato sauce

Combine egg, salt and pepper. Mix bread crumbs with 1/4 c. of the cheese. Dip steaks in egg, roll in crumbs, brown slowly in hot shortening on both sides. Add tomato sauce, top with remaining cheese. Bake uncovered at 325 degrees for 30 minutes.

LEMON SOUFFLE PUDDING

1 c. sugar	Juice and grated rind 1 orange
1 T. butter	Juice and grated rind 1 lemon
2 T. flour	
1 c. milk	
2 eggs	

Cream butter and sugar, add flour. Separate eggs, beat egg yolks, add milk and juices and grated rinds. Combine with first mixture. Beat egg whites until stiff but not dry. Fold in egg whites. Bake at 325 degrees for about 30 minutes. Note: This is an interesting pudding, not too rich. The top has a sponge cakelike texture, the bottom a nice sauce. Bake with cube steaks. Note: Serve baked potatoes also. . .parboil potatoes for 15 to 20 minutes. Place in oven with pudding and meat and bake for 30 minutes. Serve 2-gether for a vegetable (green beans and mushrooms).

SEAFOAM. . .A Candy
(Special Request)

1 1/2 c. light brown sugar	White 1 egg
1/2 c. cold water	1/2 c. chopped nuts
1 t. vinegar	1/2 t. vanilla

Combine sugar, water and vinegar in saucepan, bring to boiling point, cook to 240 degrees or until candy forms a ball that will just hold its shape when tried in cold water. Beat egg white until stiff but not dry, add the syrup slowly while beating constantly. Beat until it begins to get creamy, add nuts and vanilla and when mixture will hold its shape drop in rough lumps on waxed paper.

January 28, 1959

CHUCK ROAST WITH MUSHROOM GRAVY
(From McCall's Magazine, Jan. 1959)

4 to 4 1/2 lb. chuck roast	2 c. water
Unseasoned meat tenderizer	1/2 t. salt
2 T. flour	2 cans (6 oz.) mushrooms or 1/2 pound fresh

Early in the afternoon treat the chuck roast with tenderizer as directed on label. When tenderizing period is over, put meat in roasting pan and bake at 325 degrees for 2 1/2 hours or until tender. Transfer meat to platter and keep warm while making gravy. To make Mushroom Gravy: Leave 2 T. of fat in roasting pan and discard any excess. Stir flour into fat smoothly and cook over a low heat for a minute or two. Add water (if you use canned mushrooms drain off liquid and add enough water to make 2 cups) and salt. Continue cooking, stirring constantly until gravy is smooth and bubbly. Add mushrooms. Serve gravy over roast. 6 to 8 servings. Note: Serve with buttered noodles, peas, carrots and celery strips.

CHERRY MERINGUE PIE

Make 9 inch pie crust based on 1 1/4 c. flour, 1 t. salt, 1/2 c. shortening and about 3 T. ice water. Roll dough 1/8 inch thick and line a 9 inch pie plate.

Filling:

3 c. pitted canned sour cherries	2 T. lemon juice
2 egg yolks, beaten	1/4 t. salt
3/4 c. sugar	Dash nutmeg
2 T. cornstarch	1 T. butter
	2 egg whites
1/4 c. sugar	

Combine all ingredients except egg whites and 1/4 c. sugar. Pour into unbaked pie shell. Bake at 425 degrees for 25 to 30 minutes. Beat egg whites until stiff, add sugar gradually. Spread over filling, being careful to attach the meringue to the edges of the crust. Make decorative swirl with back of spoon or spatula. Bake at 325 degrees for about 15 minutes or until light brown.

January 30, 1959

GOLDEN BROILED HALIBUT STEAK

2 pounds halibut steak	1 t. salt
1 T. grated onion	Dash pepper
2 T. lemon juice	2 T. minced parsley
1/4 pound butter	Lemon wedges

Combine all seasonings except parsley. Arrange steaks on greased broiler rack, pour half of mixture over steaks, place in preheated broiler 2 inches from heat. Broil 5 minutes, turn steaks, pour balance of mixture over them, broil about 5 minutes or until golden brown. Serve piping hot on preheated platter. Garnish with minced parsley and lemon wedges.

APPLESAUCE SPONGE CAKE
(Festher light and such a wonderful flavor)

3 eggs	1/2 t. salt
1 c. sugar	1 t. baking powder
3/4 c. hot applesauce	1/2 t. soda
1 1/2 c. cake flour	1 t. cinnamon
1/4 t. nutmeg	

Beat eggs until thick and light. Add sugar gradually and beat until sugar is dissolved. Add applesauce and beat well. Add dry ingredients which have been sifted together 3 times; beat only until smooth. Bake in ungreased 9 inch tube pan at 325 degrees for 55 minutes.

HOW TO MAKE PERFECT FRENCH FRIED POTATOES

Choose long, firm potatoes. Wash and pare them. Cut lengthwise into strips. Cover with slightly-salted ice water (if you have time) and let stand for 1/2 hour. Pat dry. Put about 2 potatoes in fry basket at one time. Place fat in fryer. Heat to 375 degrees. When light goes out dip fry basket in hot fat, then place potatoes in fry basket. Slowly lower potatoes in hot fat. Fry until crisp and browned to your taste. Note: If frying potatoes for a crowd cook potatoes in fat until easily pierced with a fork but not brown. Cook as many potatoes as desired this way. Just before serving heat fat to 400 and fry potatoes for about 30 seconds or until brown. Drain on paper toweling and keep hot in oven until ready to serve.

PALE LEMON FROSTING

(A nice frosting if you wish for Applesauce Sponge Cake but it may be served unfrosted and sprinkled with confectioners sugar.)

2 3/4 c. confectioners sugar	1/2 c. shortening
1/4 t. salt	2 T. lemon juice
1 egg	1 t. grated rind
	2 T. light corn syrup

Mix sugar, salt and egg. Blend in syrup. Add remaining ingredients. Beat until creamy. Note: The cake and this frosting will both freeze.

TRUDY MC NALL'S

Rochester's FIRST Station

WROC-TV CHANNEL 5

A TRANSCONTINENT TELEVISION CORPORATION STATION

ROCHESTER BROADCASTING CENTER

201 HUMBOLDT STREET, ROCHESTER 3, N. Y.

2:30 P.M. FEBRUARY 2 - 13, 1959

February 2, 1959

LITTLE HAM LOAVES--CHERRY SAUCE

- 1 pound ground smoked ham
- 1/2 pound ground pork
- 1 1/2 c. soft, fine bread crumbs
- 1 egg
- 1/2 t. dry mustard
- 1/4 c. brown sugar
- 1 t. prepared mustard
- 1 can Tru-Mix Cherry Pie Filling

Combine ham, pork, bread crumbs, egg and dry mustard. Fill medium muffin pans. Round tops meat-loaf fashion. Combine brown sugar and prepared mustard and spread over tops. Set in shallow pan or on sheet of aluminum foil to catch any drippings. Bake at 350 degrees for 45 minutes. Serve with Cherry Sauce made by just heating 1 can TRU-MIX Cherry Pie Filling. 6 servings.

STUFFED BAKED POTATOES

Bake potatoes with ham loaves allowing about 1 hour for medium potatoes, 1 hour and 15 minutes for larger potatoes. When done, cut slice from top and scoop out inside, mash, beat with hot milk, butter and seasonings. Pile high and fluffy into shells; return to oven to brown beautifully.

BAKE A FROZEN VEGETABLE

Add 1/2 c. water to 2 packages frozen broccoli, beans, or peas, add a dab of butter plus salt and pepper to taste. Cover, bake 45 minutes.

POLKA DOT BROWNIES

(Bake right along with meat, potatoes and vegetable. Brown sugar gives these brownies a butterscotch flavor.)

- 1/4 c. shortening
- 1/4 c. butter
- 1/2 c. sugar
- 1/2 c. brown sugar
- 1/2 t. salt
- 2 eggs
- 1/2 t. vanilla
- 1 c. cake flour
- 1/2 t. baking powder
- 3/4 c. salted peanuts
- 3/4 c. semi-sweet chocolate bits

Cream shortening, butter and sugars together, add salt, vanilla and eggs and beat until very fluffy. Sift flour, and baking powder and add. Coarsely chop 1/2 c. of the peanuts with 1/2 c. chocolate bits. Mix well. Turn into greased and floured 8 inch square pan; sprinkle the remaining whole nuts and chocolate bits over the top. Bake at 350 degrees for 30 minutes or until done. Cut into bars and dust lightly with confectioners sugar if desired. Makes 2 dozen.

OVEN MEAL: Little Ham Loaves with Cherry Sauce, Stuffed Baked Potatoes, Baked Frozen Vegetable, Polka Dot Brownies. Add some crisp relishes, brown-and-serve rolls, beverage.

February 3, 1959

TOP HAT PORK CHOPS

- 6 shoulder or loin pork chops
- 4 c. stale bread crumbs
- 1/2 c. chopped onion
- 1/2 t. salt
- 1/4 c. butter
- 2 T. chopped parsley
- Dash pepper
- 1/8 t. poultry seasoning
- Hot water or stock to moisten

Brown chops in skillet, remove to casserole. Saute onion in drippings with butter added. Add remaining ingredients, add only enough hot water or stock to moisten. Put a peak or "hat" of stuffing on each chop. Cover tightly and bake at 350 degrees about 1 hour, uncover last 15 minutes to brown. Serves 6.

OVEN BROWNED POTATOES

Peel medium sized potatoes, cook in boiling water for about 15 minutes, drain, brush well with melted butter, place in shallow pan in oven with chops. Bake at 350 degrees for 1 hour or until crisp and brown on outside. Turn once or twice for even browning.

WHOLE KERNEL CORN

Bake frozen whole kernel corn with chops, or use canned corn. Add a little milk or cream before serving if desired.

APPLE CRISP

- 3 medium apples, sliced thin
- 3/4 c. quick cooking rolled oats
- 3/4 c. brown sugar
- 1/2 c. flour
- 1/2 c. butter

Arrange apples in buttered 8 inch round pan. Combine oats, sugar and flour, cut in butter. Sprinkle this mixture over apples. Bake at 350 degrees for about 40 minutes or until apples are tender. Serve warm with top milk or cream.

MENU: Top Hat Pork Chops, Oven Browned Potatoes, Whole Kernel Corn, Apple Crisp. Add a crisp cabbage or tossed salad.

February 4, 1959

SPANISH LAMB

- 4 slices bacon, diced
- 4 shoulder lamb chops
- 1/4 c. flour
- 1 t. salt
- 1 c. chopped onion
- 4 carrots, cut in half lengthwise
- 1 can tomatoes (1 lb.)
- 1 1/2 c. diced celery
- Dash sage
- Dash thyme
- 1 T. vinegar
- 2 t. sugar
- 1/2 c. water

Spanish Lamb (Cont.)

Saute bacon in skillet until lightly browned. Coat lamb chops with flour seasoned with salt. Save remaining flour for thickening gravy. Brown chops and onion in bacon fat. Add carrots, tomatoes, celery, sage, thyme, vinegar and sugar. Cover and simmer for about 1 hour or until lamb chops are tender. Combine remaining flour with water to make a smooth paste, add to sauce in skillet. Stir and cook until thickened. Pour over lamb chops and carrots. Serves 4.

COTTAGE POTATOES

- 6 medium potatoes, peeled
- 1/4 c. butter
- 1/2 c. water
- 1 t. salt
- Dash pepper
- 2 T. chopped onion or chives

Place potatoes, butter, water and salt in saucepan. Cover. Bring to a boil on high heat, then turn to very low heat and cook until potatoes are tender, about 40 minutes, turning after 30 minutes. Season with pepper, chopped onion, or chives.

WINTER CHESS PIE

- 9-inch unbaked pie shell
- 2 eggs
- 1 1/2 T. flour
- 2/3 c. brown sugar
- 1/2 t. salt
- 1 t. vanilla
- 1 c. heavy cream
- 1/2 c. seedless white raisins
- 1 c. cut-up dates
- 1 c. chopped walnuts

Beat eggs until thick. Combine flour, brown sugar and salt, add to eggs while beating. Add vanilla, cream, raisins, dates and walnuts. Spoon into unbaked pie shell. Bake at 350 degrees for 50 to 55 minutes or until knife inserted halfway between rim and center comes out clean. This pie will freeze.

February 5, 1959

STAR MARKET DAY. . .Shop Star Markets for Trudy McNall's Menu of the Week.

February 6, 1959

Presenting Alice Watters, Guest Demonstrator from National Livestock and Meat Board.

February 9, 1959

"A VALENTINE'S DAY PARTY"

MENU: Company Chicken Ring, Cranberry Jelly Hearts, Green Beans with Mushrooms (2-gether), Grapefruit - Avocado Salad, Hot Rolls, Party Torte, Hot Coffee, Salted Nuts.

COMPANY CHICKEN RING

1/3 c. butter
1/3 c. flour
1 t. salt
3 c. chicken stock
Pepper
Paprika
3 c. diced cooked chicken
1/2 c. sliced cooked mushrooms
2 T. chopped pimiento
Chopped parsley

Melt butter, stir in flour. Add salt and chicken stock, cook stirring constantly until thickened. Add remaining ingredients except parsley. Serve in center of biscuit ring. Sprinkle with chopped parsley. 6 servings.

BISCUIT RING

1 1/2 c. flour
3 t. baking powder
3/4 t. salt
1/2 t. poultry seasoning
1/4 c. shortening
1/2 c. plus 2 T. milk

Sift flour, baking powder and salt, add poultry seasoni Cut in shortening. Stir in milk. Bake in greased 8 inch ring mold in hot oven 450 degrees for 15 minutes. Turn onto hot serving plate. Brush with butter; fill with hot chicken. Serves 6. Note: Garnish with cranberry hearts.

SALAD: Alternate sections of grapefruit and avocado on crisp lettuce, sprinkle with a little French dressing.

PARTY TORTE

8 egg whites
1 1/2 t. vanilla
1 t. vinegar
2 c. sifted sugar
1 c. crushed pineapple, drained
3/4 c. maraschino cherries, drained and cut in fourths
2 c. heavy cream, whipped
Cherries for garnishing

Have egg whites at room temperature. Add vanilla and vinegar. Beat until mixture forms stiff peaks, add sugar gradually and continue to beat until sugar is dissolved. Line 2 9-inch cake pans with brown paper. Spread mixture into pans. Bake in a slow oven at 300 degrees for 1 hour and 15 minutes. Cool well in pans. Meringues will be delicately crusty on the outside, tender and still a little moist on the inside. Loosen meringues around edges and turn onto serving plate. Fold crushed pineapple and cherries into whipped cream. Spread mixture generously over meringue, top with second layer. Frost with remaining whipped cream. Chill 12 hours or overnight. Garnish with more cherries.

February 10, 1959

Shrove Tuesday ("Eat a doughnut on Shrove Tuesday and live a year longer.").

FASSNACHTS (DOUGHNUTS)

1/2 c. shortening
2 t. salt
1/2 c. sugar
1 c. scalded milk
2 packages quick acting yeast
2 eggs, well beaten
5 c. flour
Fat for frying

Combine shortening, salt and sugar in large bowl. Add scalded milk. Stir until shortening is melted. Cool mixture to lukewarm. Add yeast. Stir until dissolved. Add eggs and flour. Turn mixture onto floured surface and knead to a smooth dough. Cover and let rise until double in bulk, about 2 hours. Divide dough into 3 portions, roll about 1/4 inch thick. Shape with doughnut cutter and place on a greased pan about an inch apart. Cover and let rise until light. Fry in deep fat at 350 degrees about 2 minutes on each side. Drain, dust with sugar or glaze. About 30 doughnuts.

HOW TO GLAZE DOUGHNUTS: Mix 1 c. of confectioners sugar with 1/4 c. boiling water. Dip drained doughnuts in this mixture. Do this while doughnuts are slightly warm.

A LENTEN SPECIALTY. . .

SWISS CHEESE AND ONION PIE

1 c. cracker crumbs
1/4 c. butter, melted
3 c. thinly sliced onions
1/4 c. butter
1/2 pound grated Swiss cheese
1 T. flour
1 t. salt
Dash cayenne pepper
3 eggs, well beaten
1 c. milk, scalded
Parsley

Combine cracker crumbs and melted butter; press into a deep, fluted, greased 9-inch pie plate. Saute onions in the other 1/4 c. butter, then place in crumb crust. Combine cheese with flour, salt and cayenne; add eggs and milk. Pour over onions. Bake at 350 degrees for 30 minutes or until set. Top with chopped parsley or chives. Serve hot. 6 to 8 servings.

February 11, 1959

(Ash Wednesday and National Salmon Week)

SALMON LOAF

1 pound can salmon
3 c. fine bread cubes
1 1/2 T. parsley, chopped
1 T. lemon juice
1 t. salt
1/2 t. celery salt
2 T. minced onion
3 T. butter
2 eggs, well beaten
3/4 c. liquid from canned salmon plus milk to make volume

Drain and flake salmon, saving liquid. Combine bread cubes, parsley, lemon juice, salt, celery salt, onion and butter and mix well with salmon. Place in well greased loaf pan. Combine beaten eggs and liquid, pour over salmon in loaf pan. Bake at 350 degrees for 45 minutes or until loaf is firm in the center. Unmold on hot platter. Tip: Bake potatoes with fish, buttered carrots mixed with green peas for a vegetable.

PAN SCONES

(from Mrs. R. Woodley, Belleville, Ont., Canada)

3 c. flour
1 t. salt
1 t. baking powder
1 t. soda
1/2 c. sugar
1/4 c. butter
1/4 c. sour cream
1 to 1 1/4 c. buttermilk

Sift flour, salt, baking powder, soda and sugar in bowl. Add sugar and cut in shortening with a pastry blender, add sour cream and enough buttermilk to make a soft dough. Roll out 1/2 inch thick and cut in desired shapes. Grease frying pan lightly and bake at 360 degrees for 10 minutes covered, turn and bake on other side until lightly browned. Serve with butter, honey or jam.

COTTAGE PUDDING WITH TRU-MIX CHERRY SAUCE

1/4 c. shortening
1 c. sugar
1 egg
1/2 t. lemon extract
1 3/4 c. flour
1/2 t. salt
2 1/2 t. baking powder
2/3 c. milk

Cream shortening and sugar; add egg, lemon extract and beat well. Add sifted dry ingredients alternately with milk. Beat thoroughly. Bake in greased 8 x 8 x 2" pan at 350 degrees for 35 to 40 minutes. Serve warm with Cherry Sauce. Note: For the delicious Cherry Sauce just heat 1 can TRU-MIX Cherry Pie Filling, pour warm over squares of cake. Bake pudding with fish and potatoes.

February 12, 1959

Star Markets greet you on this Lincoln's birthday.

February 13, 1959

FRIED SHRIMP

1 pound shrimp, shelled weight
2 eggs
1/3 c. milk
Flour
3/4 t. salt
Cracker crumbs or fine bread crumbs

Fried Shrimp (Cont.)

Dip shrimp in flour, then in eggs combined with milk and salt. Roll in crumbs. Fry in deep fat at 375 degrees until golden brown, the shrimp will rise to the top of the fat when done. Drain on paper towels. Serve with tartare sauce. Serves 3 to 4. Note: In frying shrimp the tail may be left on, they add to the shrimps' good looks and serve as convenient handles. However, for a quick shrimp dinner I buy frozen, raw shrimp, already cleaned and completely shelled. Thawing is not necessary before breading and frying, just enough to separate shrimp individually.

TARTARE SAUCE

This is the sauce most frequently served with fish. Base is a good mayonnaise, blended with two sorts of ingredients, something green and something tart. Tart ingredients can be finely chopped sour pickles, chopped capers or olives. Porportions are about 1 T. chopped parsley, 1 T. chopped pickles, capers or olives and 1 t. each lemon juice to 1 c. of mayonnaise. Two important things to remember, chop ingredients very fine, chill for at least 1 hour before serving.

DELICIOUS DATE BARS

3/4 c. shortening part butter
1 c. brown sugar
1 3/4 c. flour
1/2 t. soda
1 t. salt
1 1/2 c. rolled oats

Filling:
3 c. cut-up dates (1 pound)
1/2 c. sugar
1 1/2 c. water

Combine dates, sugar and water. Cook 10 minutes until thickened, stirring frequently. Cool. Cream sugar and shortening. Sift flour, soda and salt. Add flour to sugar mixture, add rolled oats. Mix well. Press half of mixture into greased 13 x 9 inch pan. Spread date mixture over crust. Top with remaining crumb mixture, patting lightly. Bake at 400 degrees for about 30 minutes or until lightly browned. Makes about 3 dozen bars. Cut while warm and remove from pan.

GINGER SNAPS

(An often requested best cookie recipe)

3/4 c. shortening
1 c. sugar
1/4 c. molasses
1 egg
2 t. soda
1 t. ginger
1 t. cinnamon
1 t. cloves
1/2 t. salt
2 1/2 c. flour

Cream shortening and sugar, add molasses and egg and beat until very creamy. Sift dry ingredients. Roll dough into small balls. Dip in granulated sugar. Press flat on lightly greased cookie sheet. Bake at 375 degrees for about 12 minutes. Makes 3 dozen.

SALAD COMBINATIONS TO SERVE WITH FISH

Shredded cabbage with pineapple
Shredded cabbage with red apples or raw carrots
Shredded cabbage, celery, raisins
Shredded cabbage, celery and green peppers

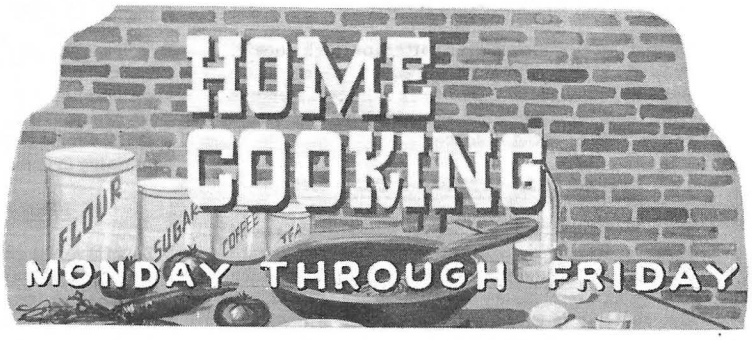
Serve any above salads with following dressing:

SOUR CREAM SALAD DRESSING

1 c. sour cream or Dairy Dressing
1 egg, slightly beaten
1/4 c. vinegar or lemon juice
2 t. salt
2 t. sugar
1 t. dry mustard

To cream or Dairy Dressing add vinegar and dry ingredients, thoroughly mixed. Cook in double boiler, stirring constantly until mixture thickens. Chill.

TRUDY MC NALL'S



Rochester's FIRST Station
WROC-TV
CHANNEL 5
A TRANSCONTINENT TELEVISION CORPORATION STATION
ROCHESTER BROADCASTING CENTER
201 HUMBOLDT STREET, ROCHESTER 3, N. Y.

2:30 P.M. HOME COOKING RECIPES, February 16 - 27, 1959

February 16, 1959

SOLE MARGUERY "A Gourmet Recipe"

8 fillets lemon sole	1/2 c. butter
4 fresh mushrooms, minced	6 raw shrimp
1 c. dry sauterne wine, or 1/4 c. lemon juice plus 3/4 c. water	1 c. raw shrimp
	1 c. fish stock or water
	1 egg yolk, beaten
	Salt and pepper

Allow 1/2 pound fish for each person, wipe fillets with damp cloth, season lightly with salt and pepper. Shell green (raw) shrimp; cut in half lengthwise. Wash and peel mushrooms, using caps only; mince fine. Melt 1/4 c. of the butter in saucepan over low heat; add fillets, shrimp, mushrooms, wine or lemon juice with water and fish stock; cover, bring to boiling point; simmer gently 8 minutes. Carefully lift out fillets; arrange in shallow baking dish. With perforated spoon lift shrimp and mushrooms from saucepan; spread evenly over fillets. Reduce wine and fish stock liquid by boiling over high heat for 10 minutes. Remove from heat, add remaining 1/4 c. butter; stirring constantly, add egg yolk slowly, blend well. Pour sauce over fillets; place in preheated broiling compartment 3 inches from heat, broil 3 minutes or until golden brown. Note: If sole is unavailable you can substitute fillets of flounder, pompano, cod, haddock, ocean perch or other delicately flavored fish.

ENGLISH MUFFINS

1 c. milk	1 package or cake yeast, active dry or compressed
2 T. sugar	
1 t. salt	
1/4 c. shortening	6 c. flour
1 c. warm, not hot, water	Cornmeal

Scald milk, add sugar, salt and shortening. Cool to lukewarm. Measure water into a large bowl. Sprinkle or crumble yeast into water and stir until dissolved. Add the lukewarm milk mixture. Add about half of the flour; beat until smooth. Stir in the remaining flour. Turn out on lightly floured surface. Knead until smooth and elastic. Place in greased bowl, brush with shortening. Cover. Let rise in warm place until double in bulk, about 1 hour. Punch dough down, divide in half. On a surface heavily sprinkled with cornmeal, roll out each half to a thickness of 1/4 inch. Cut into rounds with a 3-inch cookie cutter. Cover. Let rest for about 30 minutes. Place on slightly greased, medium hot griddle, cornmeal coated side down. Bake until bottom is well browned, about 10 minutes; then turn and bake about 10 minutes longer.

CREAMY PEAR SALAD

4 fresh or canned pears	1 banana, mashed
Salad greens	2 t. sugar
1 c. Dairy Sour Cream	Peanuts, chopped

Wash, halve and core pears. Arrange 2 pear halves on each lettuce lined salad plate. Combine sour cream, banana and sugar. Spoon over pears and sprinkle with peanuts.

February 17, 1959

STUFFED CABBAGE LEAVES
(Special Request)

12 large cabbage leaves	Dash pepper
1 pound ground beef	1/2 c. chopped onion
2 c. soft bread crumbs	2 eggs
1 t. salt	2 c. tomato sauce

Parboil cabbage leaves for 5 minutes. Combine remaining ingredients except tomato sauce. Form meat mixture into 12 oblong patties. Place a patty on each cabbage leaf and roll up. Fasten with toothpick. Place in skillet, pour sauce over all. Simmer for 45 minutes.

WASHINGTON CREAM PIE

5 eggs	1/2 t. grated lemon rind
1/2 c. sugar	1/2 t. vanilla
1/2 t. salt	1/2 c. cake flour
1 t. water	1 T. cornstarch

Jelly and confectioners sugar

Beat eggs until very light and fluffy, add sugar gradually and continue to beat until very thick and lemon colored. Add salt, water, lemon rind and vanilla while continuing the beating. Sift flour and cornstarch three times. Fold into egg mixture 1/4 at a time. Pour into 2 greased and floured 9-inch cake tins. Bake at 350 degrees for about 30 minutes or until lightly browned. Let stand several minutes, remove from tins and cool. Spread with your favorite jelly, sprinkle with confectioners sugar.

February 18, 1959

ANOTHER LENTEN SPECIAL. . .

PIZZA EGGS

8 eggs	4 slices tomato
1/4 c. light cream	4 rings green pepper
Salt and pepper	1 c. grated Cheddar cheese
3 T. butter	

Beat eggs, cream, salt and pepper until well blended. Melt butter in saucepan. Add eggs, cook over low heat until they start to set but are still creamy, stir constantly. Place in shallow ovenproof dish. Cover with slices of tomato surrounded by pepper rings. Sprinkle with cheese. Place under broiler until cheese is melted. Serve at once. 4 servings.

CHERRY SUNDAE PIE

(A delicious dessert treat using Tru-Mix Cherry Pie Filling. . .also just wonderful with Blueberry Tru-Mix filling. You'll have a difficult time deciding which is the best.)

1 1/2 t. unflavored gelatin	3 oz. cream cheese
1/4 c. sugar	3 T. sugar
1/4 t. salt	Graham cracker crumb shell
1 egg, separated	1 can Tru-Mix Cherry Pie Filling
1/4 c. lemon juice	1/2 pint whipped cream
2 T. water	

Cherry Sundae Pie (Cont.)

In top of double boiler combine gelatin, sugar, salt and egg yolk; add lemon juice and water, stir until blended. Place over hot water and cook until thickened, stirring constantly. Beat cheese until soft; blend into egg mixture. Chill until mixture begins to thicken slightly. Beat egg white until stiff, beat in the remaining 3 T. sugar, fold into custard and turn into crumb shell; chill. Carefully spoon over cherry pie filling. Chill again. Top with sweetened whipped cream. Serves 6.

SPICED ALMOND REFRIGERATOR COOKIES

(A crisp, buttery, refrigerator cookie that's ideal for tea time.)

1 c. butter or margarine	1/2 t. nutmeg
1 c. brown sugar	1/4 t. soda
2 c. flour	1/4 c. sour cream
1 1/2 t. cinnamon	1/2 c. slivered, blanched almonds

Cream butter and sugar. Sift flour and spices. Blend soda into Dairy Sour Cream. Add dry ingredients alternately with sour cream. Mix until smooth. Stir in slivered nuts. Shape into rolls about 2 1/2 inches in diameter and 6 inches long. Wrap in waxed paper and chill overnight. Slice 1/8 inch thick, place on ungreased cookie sheet, bake at 350 degrees until lightly browned, about 10 minutes. Makes 6 dozen wafers. Note: Dough will keep unbaked in refrigerator for 2 weeks.

February 19, 1959

STAR MARKET DAY

February 20, 1959

MACARONI AND CHEESE "Lenten Special"

8 ounces Bravo elbow macaroni	1/2 t. dry mustard
4 T. butter	1/2 t. paprika
4 T. flour	2 1/2 c. milk
1 1/2 t. salt	1 c. (1/4 pound) grated cheese
1/8 t. pepper	1 t. Worcestershire sauce

Cook macaroni as directed on package, rinse and drain. Melt butter, stir in flour, salt, pepper, mustard and paprika. When well blended add milk slowly, stirring constantly over low heat until mixture thickens. Add cheese and Worcestershire sauce and stir until cheese is melted. Add drained macaroni and pour mixture into well buttered 2-quart baking dish. Bake at 400 degrees for about 20 minutes or until bubbly and brown. Yield: 6 servings. Note: Sprinkle with paprika and 1 c. buttered bread crumbs, if desired, before baking.

DEEP FAT FRIED FISH FILLETS

2 pounds fish fillets
1 egg, slightly beaten
2 T. water
1/2 t. salt
1/8 t. pepper
Fine dry crumbs or cornmeal
PLANTER'S Peanut Oil for frying

Wash fillets, wipe dry with cloth and cut into serving pieces. Mix slightly beaten egg and water, salt and pepper in a shallow pan. Dip fillets into egg mixture and then into crumbs or cornmeal. Place fillets in frying basket and fry in deep fat at 375 degrees about 5 minutes until well browned. Drain on soft paper. Serve with tartare sauce, parsley potatoes and stewed tomatoes or buttered asparagus.

TARTARE SAUCE: Combine 1/2 c. mayonnaise, 1 T. minced onion, 2 T. chopped pickles, 1 T. chopped olives or capers and 1 T. minced parsley. Yield: 3/4 c. sauce.

CHOCOLATE REFRIGERATOR DESSERT

15 marshmallows
4 chocolate almond candy bars (7/8 oz. each)
1/2 c. milk
1 1/3 c. graham cracker crumbs
2 T. confectioners sugar
1/3 c. butter, melted
1/2 pint heavy cream, whipped

Place marshmallows, broken candy bars and milk in top of double boiler. Heat until melted, stir occasionally to make a smooth mixture. Cool. Combine graham cracker crumbs, sugar and melted butter. Mix well. Place 2/3 of this mixture in bottom of 8-inch square pan. Whip cream, fold into chocolate mixture. Pour into crumb lined pan. Sprinkle remaining crumbs over top. Chill 3 or 4 hours. Serves 8. Note: A nice party dessert. . .easy to double and triple for a big party.

February 23, 1959

VEAL CUTLET WITH SOUR CREAM SAUCE

1 veal cutlet, about 1 1/2 pounds
3 T. flour
Salt and pepper
4 T. butter
2 medium onions, sliced
1 t. paprika
1 c. Dairy Sour Cream
1 c. tomato juice

Coat both sides of cutlet with seasoned flour. Melt 2 T. of the butter in skillet. Cook onions slowly until lightly browned, remove from skillet. Melt remaining butter and brown veal on both sides. When veal is brown top with onions and sprinkle with paprika. Blend sour cream and tomato juice, pour over meat and onions. Simmer, covered, for about 1 hour. Tip: About every 15 minutes lift meat from bottom of pan so that gravy will run under it. Serves 4 or 5.

Note: Serve veal with mashed potatoes and parsley buttered carrots.

DATE AND NUT DROP COOKIES

2 c. flour
1 1/2 t. baking powder
1/2 t. soda
1/2 t. salt
1/2 t. nutmeg
1/2 c. butter
1 c. brown sugar
2 eggs
1 t. vanilla
1/2 c. sour cream
3/4 c. chopped nuts
1 c. cut-up dates

Sift flour, baking powder, soda, salt and nutmeg. Cream butter and sugar until light and fluffy, beat in eggs. Add dry ingredients alternately with sour cream and vanilla. Stir in nuts and dates. Using

Date and Nut Drop Cookies (Cont.)

about 1 level tablespoon of batter for each cookie, drop the dough onto lightly greased baking sheet. Bake at 350 degrees for 10 to 12 minutes. Remove from cookie sheet when done and cool on wire racks. Makes about 4 dozen.

ICE CREAM "CAKE" (A Party Idea)

Pack any flavor of ice cream into a deep, round layer cake pan or spring form pan and put into freezer for a few hours. Unmold on a cake plate and using your pastry tube decorate with swirls and rosettes of tinted whipped cream. If desired, you may ice entire cake with whipped cream. After decorating return to freezer for about 5 minutes. Cut in wedges for serving.

February 24, 1959

STUFFED PORK CHOPS

4 thick pork chops
4 T. butter
1 medium onion, chopped
1/2 c. chopped celery
1 1/2 c. soft bread crumbs
3/4 t. salt
1/8 t. pepper
1 1/4 c. chicken stock, canned may be used
4 thick slices tomato (optional)

Melt 3 T. of the butter in large skillet. Add onion and celery and saute until soft but not brown. Combine bread crumbs, salt and pepper in large bowl, add onions and celery and mix well to form stuffing. Add enough of the chicken stock to moisten the stuffing. Put remaining 1 T. butter in skillet and brown chops on both sides. When chops are brown, mound stuffing on top of each one, dividing as evenly as possible. Cover with a slice of tomato if desired. Pour remaining chicken stock into the pan. Cover and bake at 350 degrees for 45 to 60 minutes.

APPLE MACAROON PUDDING

1 egg, slightly beaten
3/4 c. sugar
5 T. flour
1 1/4 t. baking powder
1/4 t. salt
1/2 c. chopped nuts
1 c. chopped apples
1 t. vanilla

Combine sugar and egg. Sift flour, baking powder and salt. Add dry ingredients to egg, add remaining ingredients. Pour mixture into well buttered 9-inch pie plate. Bake at 350 degrees for 35 to 45 minutes. Serve warm or cold with whipped cream.

OVEN MEAL: Baked Stuffed Pork Chops, Baked Potatoes, Baked Frozen Vegetable, Apple Macaroon Pudding.

February 25, 1959

BAKED TUNA SANDWICH SOUFFLE
"Another Lenten Specialty"

12 slices bread, crusts removed
Butter
1 c. grated sharp cheese
1 can tuna fish, flaked
4 eggs, well beaten
3 c. milk
1/2 t. salt

Butter one side of 6 slices of bread. Place unbuttered side down in well buttered 8 x 12" baking dish. Sprinkle cheese and fish over bread. Butter one side of remaining 6 slices and place unbuttered side down on top of fish and cheese. Beat eggs well, add milk and salt, pour over bread. Bake at 300 degrees for 1 hour and 15 minutes. Note: This dish may be made in the morning and refrigerated until baking time. Serves 6.

BISCUIT TORTONI (A Request)

3/4 c. macaroon crumbs
3/4 c. light cream
1/4 c. sugar
Pinch salt
1/2 pint heavy cream
1/2 t. vanilla
1/4 t. almond extract

Biscuit Tortoni (Cont.)

Break macaroons into pieces and roll until finely crushed, add 1/2 c. of the crumbs to light cream, add sugar and salt and mix well. Let stand 1 hour. Beat cream until thick, fold in macaroon mixture with flavorings. Fill souffle cups and sprinkle on remaining crumbs. Freeze until firm. 6 servings.

FROZEN TOMATO SALAD

1 T. unflavored gelatin
1/4 c. cold water
2 c. tomato juice
1 c. crushed pineapple, drained
1/2 c. cottage cheese, sieved
1/8 t. dry mustard
1/8 t. dry ginger
1 t. minced onion
1 t. salt
3 drops Tabasco sauce

Soak gelatin in cold water. Heat tomato juice and dissolve gelatin, cool. Add remaining ingredients. Pour into freezing trays, when firm, beat until smooth, return to freezing trays. Serves 8.

Note: Salad nice for a luncheon served with Baked Tuna Sandwich Souffle. Will keep in freezer as long as desired.

February 26, 1959

STAR MARKET DAY

February 27, 1959

BAKED HALIBUT CASSEROLE
"Lenten Special"

2 pounds halibut steak
5 T. butter
4 T. flour
2 c. milk
1 t. salt
1/4 t. pepper
2 T. lemon juice
3/4 c. grated American cheese
3 T. grated Parmesan cheese
Paprika
1 T. butter

Cut halibut into serving pieces. Place them on well greased broiler pan, sprinkle with salt and broil about 4 inches from heat for about 10 minutes. Melt butter, blend in flour, add milk gradually and cook until thick and smooth, stirring constantly. Add salt and pepper. Place broiled fish in buttered 2 quart casserole, sprinkle with lemon juice. Pour sauce over fish, top with grated cheeses which have been mixed together. Dot with the 1 T. butter and sprinkle with paprika. Bake in moderate oven 350 degrees for 20 minutes. Serves 6.

RASPBERRY CHIFFON PIE

1 pkg. raspberry Jello
1 c. boiling water
1 pkg. frozen raspberries
1 T. lemon juice
1/2 c. heavy cream, whipped
2 egg whites, stiffly beaten
1 9-inch pie shell, baked

Pour boiling water over Jello to dissolve. Add frozen raspberries and stir, add lemon juice. When mixture begins to thicken fold in cream and egg whites. Pour into pie shell and chill until firm.

NO-BAKE PEANUT BUTTER COOKIES
(Repeat Request)

2 1/2 c. quick cooking rolled oats
1/2 c. peanut butter
1 t. vanilla
1/2 c. milk
2 c. sugar
1/4 t. salt
4 T. cocoa

In a bowl combine rolled oats, peanut butter and vanilla. In a saucepan combine milk, sugar, salt and cocoa. Bring to a boil, boil for 1 minute. Pour over rolled oats mixture. Mix lightly until blended. Drop from a teaspoon onto waxed paper or aluminum foil. Let stand until firm, about 10 minutes. Makes 2 1/2 dozen.

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2:30 P.M. HOME COOKING RECIPES, MARCH 2 - 13, 1959

March 2, 1959

BAKED HAM SLICE WITH RHUBARB SAUCE

1 slice ham (about 1 1/2 inches thick)
1/2 pound rhubarb
1/2 c. sugar
1/4 c. water
1 orange
Whole cloves

Combine rhubarb, sugar and water. Simmer for three minutes. Dot ham with whole cloves around the edges. Pour sauce over ham. Arrange thin slices of orange over top. Cover and bake at 400 degrees for 45 minutes. Uncover and bake 15 minutes longer. Serves 6. Tip: If fresh rhubarb is not available 1 package frozen rhubarb may be used.

OLD FASHIONED PEARL TAPIOCA CUSTARD
(Request Recipe)

1/2 c. pearl tapioca
3 c. milk
1 1/2 T. butter
1 c. hot milk
2 egg yolks
1/3 c. sugar
1/4 t. salt
2 egg whites
4 T. sugar
1 t. vanilla

Soak tapioca in the 3 c. milk for 12 hours or overnight. Cook in double boiler until soft, stir occasionally. Remove from heat, cool slightly, stir in butter and hot milk. Beat egg yolks, add to tapioca mixture with sugar and salt. Pour into greased baking dish. Bake at 325 degrees until firm (about 1 hour). Stir once or twice during baking. Cool slightly and cover with meringue made from the 2 egg whites, 4 T. sugar and vanilla. Bake in slow oven 300 degrees for 15 min.

PEANUT OATMEAL COOKIES

1 c. shortening
1 c. sugar (white)
1 c. brown sugar
1 t. vanilla
2 eggs
1 1/2 c. flour
1 t. soda
3 c. rolled oats
1/2 pound salted Spanish peanuts

Cream shortening, add sugars and cream well. Add vanilla and eggs and beat well. Sift flour with soda. Add to first mixture. Stir in rolled oats and peanuts and blend thoroughly. Form dough with hands into small balls. Place on cooky sheet and flatten slightly. Bake at 425 degrees about 7 minutes. Store in tightly covered container to retain crispness. Yield: 6 dozen 3-inch cookies.

March 3, 1959

COMPANY CASSEROLE

6 T. butter
6 T. flour
1 t. salt
Dash pepper
2 c. chicken stock
1 c. medium cream
1 c. diced cooked carrots
1 c. cooked peas
12 tiny white onions, cooked
1/3 c. diced pimiento
*Cheese whirls
2 1/2 c. coarsely diced cooked chicken

Melt butter, blend in flour, salt and pepper. Add stock gradually and cook, stirring constantly until thickened. Remove from heat, add cream. Add chicken, carrots, peas, onions, and pimiento. Pour into baking dish about 7 1/2 x 12 x 2. Place cheese whirls on top. Bake at 425 degrees for 30 minutes or until bubbly and brown. Yield: 6 servings.

*CHEESE WHIRLS

1 1/2 c. flour
3/4 t. salt
2 t. baking powder
1/3 c. shortening
1/2 c. milk
1/2 c. grated American cheese

Sift flour, salt and baking powder. Cut in shortening with pastry blender. Add milk to make a soft dough. Roll out on lightly floured surface into a rectangle about 10 x 5 inches. Sprinkle with cheese. Roll up like a jelly roll. Cut in 3/4" slices. Place on top of casserole.

TOASTED COCONUT PINEAPPLE PIE

3/4 c. sugar
1/4 c. cornstarch
1/2 t. salt
1/2 c. syrup from pineapple
3/4 c. hot water
2 eggs, slightly beaten
3 T. butter
1/2 t. grated lemon rind
1 T. lemon juice
1 1/2 c. crushed pineapple (No. 211 can)
3/4 c. flake coconut
Cooled, baked 9-inch pastry shell

Drain pineapple and save syrup. Combine sugar, cornstarch, salt, pineapple syrup and hot water. Cook, stirring constantly, until thick and smooth. Pour part of hot mixture into slightly beaten eggs; return mixture to saucepan. Cook and stir for about 1 minute. Remove from heat, add butter, lemon rind, juice and pineapple. Cool slightly, pour into baked pie shell. Cover with coconut and toast in broiler, watching closely. Cool and serve.

March 4, 1959

SHRIMP NEWBURG "Lenten Special"

2 c. cleaned cooked shrimp
2 T. cooking sherry
3 T. butter
1 T. flour
1 T. butter
1 c. light cream
2 egg yolks, beaten
1 t. lemon juice
Paprika

Combine shrimp, sherry and butter, heat but do not let butter brown. Melt the 1 T. butter, stir in flour; gradually blend in cream and cook, stirring constantly until thick and smooth. Remove from heat; add a small amount to egg yolks and stir into remaining hot mixture. Cook for 2 minutes, stirring constantly. Remove from heat add hot shrimp, lemon juice and paprika. Serve with fluffy rice. Makes 4 servings.

FLUFFY RICE

1 1/2 c. rice
1 t. salt
3 c. cold water

Put rice, water and salt in 3 quart saucepan, cover tightly. Bring to a hard boil. Turn heat low and cook for about 12 minutes, turn off heat and let stand with cover on for 5 more minutes. 4 servings.

CHERRY PUDDING

1 can TRU-MIX Cherry Pie Filling
1 1/4 c. flour
1 1/4 t. baking powder
1/4 t. salt
1/2 c. sugar
1/2 c. milk
1/4 c. PLANTERS Peanut Oil

Sift flour, baking powder, salt and sugar. Combine milk and oil, add to dry ingredients. Mix just until blended. Turn into greased 1 1/2 quart casserole, spreading evenly over surface. Bring Tru-mix cherry pie filling to a boil, pour over batter in casserole. Bake at 375 degrees for about 25 minutes. Serve warm with cream. Serves 6 to 7.

QUICK SCALLOP SAUTE "Lenten Special"

1 1/2 pounds scallops
Flour
6 T. Planters Peanut Oil
3 T. butter
1 clove garlic, finely chopped
Salt
Pepper
1/3 c. chopped parsley

Roll scallops in flour. Heat oil and butter together, add scallops and cook quickly, tossing them lightly in the hot fat so they brown evenly on all sides. Add chopped garlic. Just before serving, season with salt and pepper to taste and add parsley. Serve with lemon wedges.

March 5, 1959 STAR MARKET DAY

March 6, 1959

HALIBUT WITH SHRIMP SAUCE
"Lenten Special"

1 1/2 pounds halibut steak or any fish fillet
1/2 t. salt
1/2 t. seasoned salt
1 can frozen cream of shrimp soup, thawed
1/3 c. white wine or milk
Minced parsley

Cut fish in serving pieces and arrange in single layer in buttered baking dish. Sprinkle with salt and seasoned salt. Combine soup and wine or milk, spoon over fish. Bake uncovered at 350 degrees for 30 minutes. Sprinkle with parsley. 3 to 4 servings.

APPLE PUFF
(A pudding to bake with the fish)

4 apples	2 eggs, separated
1/2 c. water	1/2 t. salt
1 c. sugar	3 T. flour
1/2 t. cinnamon	1 T. milk
1/4 t. nutmeg	1/2 c. chopped nuts

Peel, core and slice apples. Cook very slightly, about 3 minutes, in the 1/2 c. water. Turn into buttered 9 inch square baking dish. Sprinkle with 1/2 c. of the sugar and the spices. Beat egg yolks until thick, add remaining 1/2 c. sugar, salt, flour and milk, beat until smooth. Beat egg whites until stiff, fold in yolk mixture. Spoon over apples sprinkle with nuts. Bake at 350 degrees for 30 minutes. Serve warm with or without cream. Delicious with a spoonful of ice cream. Serves 6.

MACARONI SOUFFLE "Lenten Special"

1 1/2 c. milk, scalded	3 T. butter
1/2 c. cheese, grated	1 t. grated onion
1 c. cooked BRAVO macaroni	1 t. minced parsley
	1 t. salt
1 c. soft bread crumbs	1 T. chopped pimiento
3 eggs, separated	

Scald milk, add cheese, stir until cheese is melted. Add macaroni and bread crumbs. Beat egg yolks well, add to milk mixture, stir in melted butter, onion, pimiento, parsley and salt. Fold in stiffly beaten egg whites. Bake in well buttered casserole 350 degrees for 35 minutes. 4 servings.

March 9, 1959

RICE WITH TOMATO AND CHEESE
"Lenten Special"

1/4 c. butter	1 1/2 c. boiling water
1 medium onion, chopped	1 t. salt
1/2 green pepper, chopped	Dash pepper
1 c. raw rice	1 1/2 c. grated American cheese
2--8 ounce cans tomato sauce	

Saute onion and green pepper in butter with rice, cooking only until rice is lightly browned, stir constantly. Combine 1 can of tomato sauce with boiling water, salt and pepper, add to rice. Simmer, covered until liquid is absorbed. Transfer to a 1 quart casserole, add remaining 8 ounce can tomato sauce alternately with cheese, be sure to end with cheese. Bake at 400 degrees for about 15 minutes or until browned. 3 or 4 servings.

VEAL SCALLOPINI

1 1/2 pounds veal steak, cut 1/2 inch thick	1/4 c. shortening
	1 medium onion, chopped
1 t. salt	1 green pepper, chopped
1 t. paprika	1--10 oz. can chicken bouillon
1/2 c. PLANTERS Peanut Oil	1/4 pound mushrooms
1/4 c. lemon juice	1 T. butter
1/4 c. flour	

Cut veal into serving pieces. Combine salt, paprika, peanut oil and lemon juice. Place veal in flat dish, pour sauce over all and let stand for 15 minutes. Turn pieces to coat well with sauce. Remove veal, dip in flour, brown well in hot fat, add onion and green peppers. Combine bouillon with remaining sauce, pour over veal. Cover and simmer until veal is very tender, about 40 minutes. Slice mushrooms and saute in 1 T. butter. Add to veal. Cook about 5 minutes longer.

CHOCOLATE CRINKLES

1/2 c. shortening	2 c. flour
1 2/3 c. sugar	2 t. baking powder
2 t. vanilla	1/2 t. salt
2 eggs	1/3 c. milk
2 squares unsweetened chocolate	1/2 c. chopped nuts
	Granulated sugar

Cream shortening and sugar. Add vanilla, eggs and melted chocolate. Mix well. Sift flour, baking powder and salt. Add alternately with milk. Stir in nuts. Roll into 1 inch balls, roll in granulated sugar. Place on lightly greased baking sheet 2" apart. Bake at 350 degrees for 15 minutes. Yield: 4 dozen.

March 10, 1959

BAKED BARBECUED HAMBURGER PATTIES

2 pounds ground beef	1 egg
2 t. salt	1 c. milk
Dash pepper	1 c. soft bread crumbs
1/4 c. chopped onion	1/4 c. shortening

*Barbecue Sauce

Combine all ingredients except shortening and barbecue sauce. Shape into 8 patties about 1 inch thick. Mixture will be quite soft. Brown on both sides in shortening. Place in baking dish about 7 x 12. Cover with barbecue sauce. Bake uncovered at 350 degrees for about 1 1/4 hours. Spoon sauce over patties once or twice during baking.

*BARBECUE SAUCE

1/2 c. chopped onion	1 t. salt
1--6 ounce can tomato paste	3 drops Tabasco
1 clove garlic, minced	1 T. chili powder
1 T. pickle relish	1/4 c. vinegar
1 T. sugar	1 c. water

Combine all ingredients. Simmer 15 minutes. Tip: This is a nice barbecue sauce to serve on many meats. Leftovers may be stored in refrigerator.

BLACK CHOCOLATE CAKE (Request)

1/4 c. butter	1 t. soda
1 c. sugar	1/2 c. cocoa
1 egg	1/2 c. boiling water
1 c. cake flour	1/2 c. sour cream
Pinch salt	1 t. vanilla

Cream butter and sugar well, add egg. Mix cocoa with boiling water, add to first mixture. Add soda to sour cream, add alternately with cake flour sifted with salt. Add vanilla. Pour into greased and floured 8 inch square pan. Bake at 350 degrees for 35 to 40 minutes.

QUICK ICING: Combine 1 1/2 c. sifted confectioners sugar, 2 squares chocolate, melted with 2 T. butter, and just enough milk to make of spreading consistency.

March 11, 1959

BAKED VEAL LOAF

1 pound ground veal	1 medium onion, chopped
1 pound ground pork	1 1/2 t. salt
1 can cream of celery soup	1 t. paprika
	1/4 c. ketchup
2 eggs	1/4 c. shredded cheese
1 c. stale bread crumbs	1 t. prepared mustard

Combine veal, pork, soup, eggs, crumbs, onion, salt and paprika. Pack firmly into 1 quart loaf pan. Combine ketchup, cheese and mustard. Use fork to whip together. Spread over loaf. Bake in moderate oven 350 degrees for 1 hour. Slice thick. Note: This loaf is delicious hot or cold.

BAKED STUFFED POTATOES

Select evenly shaped potatoes. Scrub clean. Bake with meat loaf, allowing about 1 1/2 hours. When done, squeeze potatoes gently with a towel or holder, cut a slice from the top of each potato, scoop out insides and mash well. Add hot milk and seasonings to taste. Refill shells, sprinkle with paprika. Return to oven to brown.

OLD FASHIONED BREAD PUDDING (Request)

3 T. butter	3 c. milk
4 slices bread	1 t. vanilla
3 eggs	1/2 c. sugar

Butter bread and cut into small cubes. Place in baking dish. Beat eggs, add milk, vanilla and sugar. Pour over bread. Bake by placing baking dish in a pan of hot water. Bake with meat and potatoes at 350 degrees for 35 minutes or until set.

March 12, 1959 — STAR MARKET DAY

March 13, 1959

CRISPY OVEN-BAKED FISH FILLETS
"Lenten Special"

2 pounds fish fillets	1/2 t. salt
1/3 c. flour	1 egg, beaten
1 medium onion, grated	3 T. cold water
Juice 1 lemon	3 c. cornflakes, crushed

1/4 c. shortening

Roll fish in flour. Combine onion, lemon juice, salt, egg and water. Dip fish fillets in egg mixture, roll in cornflakes. Arrange in greased baking dish. Pour shortening over fish. Bake at 425 degrees 20 to 25 minutes. Serves 6.

DOUBLE BOILER CREAMED POTATOES

1 1/2 c. milk	3 T. butter
4 c. diced raw potatoes	Salt and pepper

Combine all ingredients. Cook in top of double boiler, over boiling water for 45 to 50 minutes. Stir occasionally. Sprinkle with paprika and chopped parsley before serving. 4 to 6 servings.

DREAM BARS

1/3 c. butter	1/2 t. soda
1/2 c. confectioners sugar	2 eggs
	1 c. brown sugar
1 egg yolk	1 t. vanilla
1/2 t. vanilla	1/2 c. chopped nuts
2 T. milk	1 c. macaroon coconut, or finely chopped coconut
1 1/2 c. flour	

Cream butter and confectioners sugar, add egg yolk, then vanilla. Add milk then flour sifted with soda. With wet hand spread dough thickly on bottom and thinly on sides of a greased 9 inch square pan. Beat whole eggs enough to combine yolk and white, add brown sugar, vanilla, nuts and coconut. Mix well. Pour and spread on top of first mixture using a fork for spreading. Bake at 400 degrees for 20 minutes, then reduce temperature to 300 degrees for 25 minutes or until firm to the touch. When done, loosen and turn onto a cake rack to cool. When cold cut with crust side up into 4 uniform strips, and each strip into 8 bars. Dip crust side into confectioners sugar. Makes 32 bars.

QUICK PINEAPPLE UPSIDE DOWN CAKE

Melt 3 T. butter in 9 inch square pan; sprinkle with 1/4 c. brown sugar. Arrange 9 slices pineapple on top of sugar and place a maraschino cherry in center of each ring. Pour batter over fruit and bake at 350 degrees 45 to 50 minutes. To make batter, prepare Swans Down yellow or orange coconut cake mix according to directions on package.

CHEESE AND HERB COCKTAIL DIP

Combine 2 to 3 teaspoons exotic herbs salad dressing mix, 1/2 t. onion juice, 1 c. creamed cottage cheese, and 1/4 to 1/3 c. light cream.

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2:30 P.M. HOME COOKING RECIPES, March 16 - 27, 1959

March 16, 1959 (National Rice Week)

SHRIMP JAMBALAYA
(A Lenten Special and also a wonderful "party casserole" if you are entertaining.)

1/4 c. butter
1 clove garlic, mashed
1/4 c. chopped onion
1/2 c. chopped green pepper
1 T. flour
1 t. salt
1/2 t. paprika
1 pound cooked shrimp
2 1/2 c. canned tomatoes
2 c. cooked rice
Chopped parsley

Melt butter, add garlic, onion, green pepper and cook two or three minutes, stirring occasionally. Blend in flour, salt and paprika; add tomatoes and cook until thick, stirring constantly. Stir in shrimp and rice and heat. Sprinkle with parsley and serve. Note: Cut large shrimp in half. Serves 4 to 6. Tip: 2 pounds of green shrimp in shell will equal 1 pound, cooked, shelled and cleaned.

STRAWBERRY ANGEL CAKE
(A glamour dessert for your party. Make ahead dessert.)

1 (8") round angel food cake
2 1/2 c. boiling water
2 pkg. strawberry Jello
Dash salt
1 pint vanilla ice cream
1 T. lemon juice
1/2 pint heavy cream or medium cream (Genesee Country)
1--10 oz. package frozen strawberries

Mold this dessert in the bowl in which you mix your ingredients. To find the right size, turn cake upside down in bowl, it should fit loosely (3-quart size just about right). Measure boiling water into bowl, add gelatin. Stir to dissolve. Add frozen strawberries, salt, ice cream and lemon juice. Break ice cream up into small pieces and stir constantly. Very soon mixture will begin to thicken. Push cake upside down into middle of mixture. Place piece of wax paper on top. Place small plate on top, then a light weight on plate. Chill. Remove weight when gelatin sets, about 15 minutes. To unmold, set bowl in hot water for a minute or so, run a spatula around inside; invert on serving plate. Garnish with whipped cream. Note: Use just enough weight to keep cake immersed, overweighting will make it too compact.

Note: Having a party? Serve Shrimp Jambalaya, a big green salad, fresh hot buttered rolls, pickles, olives, Strawberry Angel Cake, and lots of coffee.

March 17, 1959

CRAB CORN CHOWDER
(Make this in your Corning-Ware Electro-matic Skillet.)

1 c. raw potato cubes
1/2 c. thin onion slices
3/4 c. hot water
1/2 t. salt
2 c. milk
1 can Three Diamonds King Crab Meat
1 can cream-style corn
1 T. minced parsley

Crab Corn Chowder (Cont.)

Put potato cubes, onions, and salt into hot water. Bring to a boil, cover and simmer 10 minutes. DO NOT DRAIN. Stir in milk, crabmeat and corn, simmer for 10 minutes or until food is piping hot. Sprinkle with parsley before serving. Serves 4.

ST. PATRICK'S PIE (Angel Pie)

Meringue Crust:

3 egg whites
Dash salt
1 c. sugar
3 T. shredded coconut
1/4 t. cream of tartar

Combine egg whites, salt and cream of tartar. Beat until soft peaks are formed. Gradually add sugar, beating well after each addition. Continue beating until sugar is all dissolved and mixture is very stiff. Spread in 9" pie plate that has been greased and dusted with cornstarch. Make bottom about 1/4" thick; swirl meringue up along edge with a spatula, leaving ridges at top. Sprinkle rim with coconut. Bake at 300 degrees 60 minutes. Cool. Fill with cooled lemon cream filling.

Lemon Cream Filling:

4 egg yolks
2/3 c. sugar
1/3 c. lemon juice
2 T. grated lemon rind
2 T. sugar
1 c. heavy cream, whipped
Shredded coconut, tinted green

Beat egg yolks till thick and lemon colored. Beat in 2/3 c. sugar gradually. Beat in lemon juice and rind. Cook over medium heat, stirring constantly until thickened (about 8 minutes). Cool. Gradually add 2 T. sugar to whipped cream. Fold half of whipped cream into cooled lemon filling. Pour into meringue shell. Use remaining whipped cream as garnish. Sprinkle with green coconut.

March 18, 1959

A GOOD WAY TO COOK LIVER

1 lb. liver (pork, lamb, beef)
1/4 c. shortening
1/4 c. flour
1/2 t. salt
1/8 t. pepper
1/3 c. milk

Combine salt, pepper and flour. Dip slices of liver in milk, then in seasoned flour. Place liver in skillet with melted shortening. Brown about 3 minutes on each side. DO NOT OVERCOOK. 4 servings.

RAW FRIED POTATOES

1/4 c. shortening
4 c. raw sliced potatoes
1/2 t. salt
Dash pepper

Raw Fried Potatoes (Cont.)

Heat shortening in skillet. Add potatoes, salt and pepper. Brown over medium heat. As potatoes brown, turn occasionally with a spatula. Continue cooking until potatoes are browned, and are tender. Takes about 30 minutes. Serves 4.

WONDERFUL CHEESE CAKE
(Special Request)

(This is truly an elegant cheese cake, delicately flavored. Serve it for special guests.)

2 c. graham cracker or zweiback crumbs
3 T. sugar
1/2 c. melted butter
1 pound cream cheese
1/2 pound dry cottage cheese
2/3 c. sugar
1/2 t. salt
4 eggs, separated
2 T. flour
1 t. vanilla
1 T. lemon juice
1 t. grated lemon rind
1 c. light cream
*Tru-Mix Cherry Pie Filling for delicious fruit glaze

Combine cracker or zweiback crumbs, 3 T. sugar and 1/2 c. melted butter. Reserve 3/4 c. mixture for top of cake. Press mixture on bottom and around sides of cheese cake pan or spring form pan (9 inch). Bake at 350 degrees for 6 minutes. Soften cream cheese and cream thoroughly. Add cottage cheese and mix well until very smooth. Add sugar, salt, egg yolks, flour, vanilla, lemon juice and rind. Beat until smooth. Stir in cream. Beat egg whites until stiff and fold into cheese mixture. Pour mixture into crust-lined pan. Sprinkle reserved crumbs on top. Bake at 325 degrees for 1 1/4 hours. Turn off heat. Allow cake to cool in oven with door open. 16 servings. For Cherry Glaze carefully spoon 1 can Tru-Mix Cherry Pie Filling over top of chilled cheese cake. Keep refrigerated.

March 19, 1959 STAR MARKET DAY

March 20, 1959

FISH IN CREAM
(For this fish you may use fish fillets, fish steaks or whole fish.)

2 pounds dressed fish
1/4 c. flour
1 t. salt
Dash pepper
1/4 t. paprika
1 egg
1 T. water
1/4 c. Planter's Peanut Oil
2 medium onions, sliced
1/2 c. light cream
Parsley

Dip fish in flour seasoned with salt, pepper, and paprika, then in egg beaten with water. Fry until brown on one side in oil. Turn, place onions on top of fish; brown on other side. Drain off fat. Pour cream over fish; cover and simmer until cream is absorbed. Garnish with parsley. 6 servings. Note: After frying fish may be placed in casserole, covered with onion slices and cream, then covered and baked in hot oven, 425 degrees for 20 to 30 minutes or until fish is tender and flakes easily with a fork. Length of cooking time depends upon thickness of fish.

SUGAR COOKIES

(A good recipe for Easter bunny and chick cut-outs.)

1 c. shortening	1 t. vanilla
1 c. sugar	3 c. flour
1 c. Dairy Sour Cream	1 t. salt
3 egg yolks	1 t. baking powder
1/2 t. baking soda	

Cream shortening and sugar, blend in sour cream, egg yolks, and vanilla. Sift dry ingredients and add, blending well. Chill dough. Roll out 1/8 inch thick. Cut into desired shapes (bunnies and chicks for Easter). Bake on lightly greased cookie sheet at 375 degrees for 15 minutes. When cool, frost bunnies with white confectioners frosting, frost chicks yellow. Using a small paint brush paint a little pink on bunnies' ears. Makes 3 to 5 dozen, depending upon size of cookies.

LAMB OR BUNNY CAKE (By Request)

2 1/4 c. cake flour	1 c. milk
2 1/4 t. baking powder	1 t. vanilla
1/4 t. salt	Best Boiled Frosting
1/2 c. shortening	Green coloring
1 c. sugar	1 1/2 c. shredded coconut
2 eggs	Raisins and maraschino cherry

Sift flour, baking powder, salt. Cream shortening, add sugar and cream until light and fluffy. Add eggs one at a time, beating well after each addition. Add vanilla. Add flour alternately with milk and mix until smooth. Pour batter into face half of greased and floured mold. Round batter slightly in regions of head, ears and neck. Place mold, face down, on baking sheet, bake in hot oven 450 degrees 15 minutes, reduce heat to 350 degrees and bake 45 minutes longer. Take mold from oven and open, removing back of mold. Allow cake to cook in face of mold about 5 minutes, then loosen from sides of mold and remove carefully. Stand lamb cake or bunny cake on cake rack until cool. Meanwhile, make recipe again and pour batter into 13 x 9 x 2 inch pan. Bake at 375 degrees for 45 minutes or until done. Cool cake in pan on cake rack for 5 minutes before removing. Frost oblong cake with Best Boiled Frosting. Tint 1/2 cup coconut a delicate green and sprinkle on top to represent grass. Frost lamb or bunny cake with remaining frosting, cover with untinted coconut. Use raisins for eyes and nose, and a slice of cherry for mouth. Place cake on center of cake base. Decorate around cake with jelly beans if desired.

BEST BOILED FROSTING

1 1/2 c. sugar	2 egg whites, stiffly beaten
1/3 c. water	
2 T. white Karo syrup	2 T. confectioners sugar

Combine sugar, water and syrup. Cook to 238 degrees. Add slowly to stiffly beaten egg whites and beat until icing is like heavy cream. Add confectioners sugar, beat until of spreadable consistency. Note: Should be enough for base of cake and lamb if you do not spread frosting too thickly and if you work fairly quickly. If frosting becomes too set you may thin with hot water.

March 23, 1959

HOT CROSS BUNS

(Originally a Good Friday food custom, Hot Cross Buns are now served almost daily throughout the Lenten period. . .and they're best "Homemade.")

1 package Pillsbury Hot Roll Mix	1/2 c. currants or raisins
3/4 c. warm water	3 T. chopped citron
1 egg	1 t. cinnamon

Sprinkle yeast from Hot Roll Mix over warm water in large bowl; stir to dissolve. Add egg, currants, citron, cinnamon and dry mix. Mix well. Let rise in warm place 85 to 90 degrees F. until light and doubled in size, 30 to 45 minutes. Divide dough into 16 equal portions and shape into round balls. Place on lightly greased baking sheets. Let rise in warm place until light and doubled in size, 30 to 60 minutes. Bake in hot

Hot Cross Buns (Cont.)

oven 400 degrees 15 to 20 minutes or until golden brown. Brush with soft butter. For frosting: Use 1 c. sifted confectioners sugar and 4 to 5 teaspoons milk. Form cross on top of each bun. Note: May be frozen. When using, thaw in wrapper at room temperature for 2 to 2 1/2 hours or place (if wrapped in foil) in 300 degree oven about 25 minutes. Unwrap just before serving.

CORN-CRISPED CHICKEN

Aluminum foil	Dash pepper
1 c. corn flake crumbs	1 frying chicken, cut up
1 1/2 t. salt	1/2 c. evaporated milk

Line cookie sheet with aluminum foil. Combine corn flake crumbs with salt and pepper. Dip pieces of chicken in evaporated milk, then in seasoned crumbs. Place chicken pieces, skin side up on cookie sheet; do not crowd. Bake in moderate oven 350 degrees about one hour or until tender. No need to cover or turn chicken while cooking. 4 servings. Note: Have you discovered corn flake crumbs? You'll find many uses for them for toppings, meat loaves, pie crusts, breading, and the like.

ANGEL COCONUT SOUFFLE

1 c. milk	1 t. lemon extract
1/2 t. salt	1 can Angel Flake coconut
3 T. Cream of Rice	3 eggs, separated
2 T. butter	
1/4 c. sugar	

Scald milk in top of double boiler. Sprinkle in salt, Cream of Rice, stirring constantly until thickened, about 3 minutes. Cover and cook for 5 minutes. Stir in butter, lemon and all but 1/4 c. coconut. Beat egg yolks, add a small amount of cooked hot mixture to eggs, then stir this mixture into rest of rice. Beat egg whites until stiff but not dry, add sugar and beat until sugar is dissolved, fold egg whites into first mixture. Pour into 1 1/2 quart baking dish. Sprinkle with remaining coconut. Bake at 350 degrees until lightly browned, about 45 minutes. 4 servings. Note: Pudding may be baked with chicken.

March 24, 1959

MEAT BALLS AND MUSHROOMS IN TOMATO SAUCE

1 pound ground beef	Dash pepper
1/2 pound ground pork	1/4 c. shortening
1 c. soft bread crumbs	2 T. flour
1 egg, beaten	2 c. tomato juice
1/3 c. milk	1 t. salt
1/2 c. chopped onion	1/2 c. sliced mushrooms (3 oz. can)
1 t. salt	

Combine beef, pork, crumbs, egg, milk, onion, salt and pepper. Form into 18 meat balls. Melt shortening in skillet, blend in flour. Gradually stir in tomato juice. Add salt and mushrooms. Cook, stirring constantly, until sauce begins to bubble. Drop meat balls into sauce, simmer, covered for about 45 minutes. Serve with spaghetti noodles or baked potatoes. 6 servings.

APPLE-TRU PIE CAKE

1 can Apple-Tru Mix	1 egg, beaten
1 t. lemon juice	1/2 c. flour
3/4 c. sugar	1/2 t. baking powder
1/4 c. butter	Dash salt

Place sliced apples in well-buttered 9 inch pie pan; sprinkle with lemon juice and 1/4 cup of the sugar. Cream remaining sugar with butter, add egg and mix. Sift dry ingredients, mix with creamed mixture. Spread over fruit. Bake at 350 degrees for 45 minutes. Serve hot or cold with a dab of whipped cream.

March 25, 1959

POTATO-SOUP-CHOP BAKE

6 pork or veal chops	4 c. thinly sliced potatoes
1 t. salt	
Dash pepper	1 can cream of mushroom or chicken soup
3 T. butter	
1/3 c. chopped onion	1 1/4 c. milk

Potato-Soup-Chop Bake (Cont.)

Melt butter in skillet, brown chops and onions. Put sliced potatoes in buttered 2 quart baking dish. Arrange chops on potatoes. Combine soup and milk with onions in skillet, heat until bubbly and smooth. Pour over chops. Bake covered at 350 degrees for 30 minutes, uncover and bake for about 40 minutes or until potatoes are done. 6 servings.

BROWNIE PUDDING

1 package brownie mix	3/4 c. brown sugar
2 eggs	1/2 c. cocoa
1/2 c. chopped nuts	1 3/4 c. hot water

Mix batter according to directions on package for cake-like brownies, adding eggs and nuts. Pour into greased 9 inch square pan. Combine brown sugar and cocoa and sprinkle over top of batter. Pour boiling water on top. (When this is baked the topping makes a chocolate sauce on the bottom.) Bake at 350 degrees for 55 minutes. Serve warm or cold with cream, whipped cream or ice cream. Note: Bake pudding with casserole. Bake a frozen vegetable.

March 26, 1959 — STAR MARKET DAY

March 27, 1959

FILLETS SUPREME

1 pound fish fillets	1 T. minced parsley
2 T. butter	1/4 t. salt
1 medium onion, sliced	Dash pepper
1 (3 oz.) can mushrooms	1 egg yolk
1 (8 oz.) can tomato sauce	1/2 c. medium or heavy cream

Thaw fish fillets if frozen. Melt butter in skillet; add onions and saute a few minutes, add mushrooms, tomato sauce and parsley. Place fillets in skillet with sauce. Sprinkle with salt and pepper. Bring to a boil. Cover and simmer for 10 minutes or until tender. Remove fillets to serving plate. Cook liquid in pan until reduced to about 1/2. Add egg yolk to cream; turn into pan, stirring constantly. Bring just to boiling, DO NOT BOIL. Serve over fish and garnish with lemon wedges and parsley. 3 to 4 servings.

PINEAPPLE UPSIDE DOWN PUDDING

(Fancy enough for a party, but at a budget - happy cost.)

1 1/2 c. well drained crushed pineapple	2 c. milk
1/4 c. brown sugar	1 T. unflavored gelatin softened in 1/2 c. of pineapple syrup drained from pineapple
1/2 t. grated lemon rind	
1 package vanilla pudding mix	
1/2 c. finely crushed graham cracker crumbs	

Combine pineapple, brown sugar and lemon rind. Spread in 8 inch square pan lined with aluminum foil. Prepare vanilla pudding according to package directions. While hot, stir in gelatin syrup mixture, blend well. Cool slightly, pour carefully over pineapple mixture in pan. Sprinkle graham cracker crumbs evenly over pudding and chill until firm. When ready to serve turn upside down on plate and remove foil. Cut into squares and serve with whipped cream if desired. 8 servings.

SALLY'S SOUR CREAM GINGERS

(A nice ginger cookie baked in pan and cut in squares.)

1 c. shortening (part butter)	1 c. molasses
1/2 c. sugar	1/2 c. Dairy Sour Cream
1 t. ginger	3 1/2 c. cake flour
1 t. cinnamon	2 t. baking soda
1 egg	3/4 t. salt

Cream shortening, sugar, and spices. Combine egg, molasses and sour cream. Sift flour, baking soda and salt. Add dry ingredients alternately with egg mixture. Spread in greased and floured jelly roll pan (15 1/2 x 10 1/2 x 1 inch). Bake at 350 degrees for 20 minutes. Cool in pan, frost with confectioners, cut in squares.

Confectioners Sugar Frosting: Cream 1/4 c. butter with 2 c. confectioners sugar, add about 2 T. cream, mix until smooth enough to spread.

TRUDY MC NALL'S

Rochester's FIRST Station

WROC-TV CHANNEL 5

A TRANSCONTINENT TELEVISION CORPORATION STATION

ROCHESTER BROADCASTING CENTER

201 HUMBOLDT STREET, ROCHESTER 3, N. Y.

2:30 P.M. RECIPES FOR A MONTH OF THURSDAYS

March 19, 1959

SCALLOPED OYSTERS

1 pint oysters
1 t. salt
Dash pepper
1 1/2 c. soft bread crumbs
4 T. butter
1/2 c. light cream

Sprinkle oysters with salt and pepper; place a layer of them in a well buttered shallow baking dish. Cover with half the bread crumbs, dot with half the butter. Repeat using rest of oysters, crumbs and butter. Pour cream over the top and bake at 350 degrees about 30 minutes or until lightly browned.

LEMON MERINGUE PIE

3 T. cornstarch
1 1/4 c. sugar
1/4 c. lemon juice
1 T. grated lemon rind
3 egg, separated
1 1/2 c. boiling water
1 - 9 inch baked pie shell, cooled
Meringue

Combine cornstarch, sugar, lemon juice and rind. Beat egg yolks slightly; add to cornstarch mixture. Gradually add boiling water. Bring to the boiling point on high heat, stirring constantly, turn heat to medium, continue cooking for 4 minutes, stirring constantly. Pour into pie shell. Spread meringue on filling being careful to seal meringue to edges of pie crust. Bake at 425 degrees for 4 minutes. Cool. Meringue: Beat egg whites until stiff, gradually beat in 6 T. sugar and beat until stiff peaks are formed and sugar is dissolved.

March 26, 1959

COFFEE TWISTS

2 pkgs. dry yeast or 2 cakes yeast
1/4 c. lukewarm water
1/2 c. shortening
6 T. sugar
1 1/2 t. salt
2 eggs
1 c. milk, scalded
4 c. flour

Soften yeast in warm water. Scald milk. Blend shortening, sugar and salt, add eggs and beat well. Add lukewarm milk and yeast mixture. Gradually add flour, mixing well until a smooth dough is formed. It will be quite soft. Place dough in well buttered bowl, grease and cover top. Place in refrigerator for 3 hours or overnight. (Dough will keep several days.) To bake: Divide dough in half. Divide each half in thirds. Flour each third and roll between your hands to make a long rope about 15" long. Braid each three together on a greased cookie sheet. Let rise 1 hour. Bake at 350 degrees for 20 to 25 minutes. Frost immediately for serving.

Frosting for 1 Coffee Twist:

1/2 c. confectioners sugar
1 1/2 T. milk
Few drops vanilla

Combine ingredients, spread on coffee twist while hot.

NO-COOK EASTER NESTS

1/4 c. butter, melted
1/2 c. corn syrup
1 c. confectioners sugar
1 c. salted peanuts, chopped
1 1/3 c. angel flake coconut
4 1/2 c. alphabet oat cereal
Green coloring
Jelly beans

Combine butter, syrup and confectioners sugar in a large bowl. Stir until well mixed. Add nuts, about 2/3 c. of the coconut and the cereal. Using a large fork, stir mixture until cereal is well coated. Form mixture into nests, about 3 inches in diameter, using 2 teaspoons. Chill in refrigerator until firm. Tint remaining coconut with green food coloring by shaking several drops of the coloring with the coconut in a jar. Place in cereal nests and top with jelly beans. Makes about 12 nests. Note: Nests must be stored in refrigerator to remain crisp and crunchy.

April 2, 1959

TUNA FISH, NOODLE AND ASPARAGUS CASSEROLE

6 T. butter
4 T. flour
1 t. salt
1/8 t. pepper
3 c. milk
1 1/2 c. grated sharp cheese
1 t. Worcestershire sauce
2 cans Three Diamonds Tuna Fish
2 c. cooked Bravo fine noodles
2 pkgs. frozen asparagus or 2 pounds fresh asparagus, cooked
1/4 c. diced pimientos

Melt butter, stir in flour, salt and pepper. Add milk slowly and cook until thickened. Add cheese and Worcestershire sauce, when blended put tuna fish, noodles and asparagus in layers in well buttered 2 quart casserole, pour sauce over all. Dot with pimientos. Bake at 350 degrees for 20 to 30 minutes or until brown and bubbly.

OLD FASHIONED ROLLED SUGAR COOKIES

1 c. shortening
1 c. sugar
1 c. Dairy Sour Cream or Dairy Dressing
3 egg yolks
1 t. vanilla
3 c. flour
1 t. salt
1 t. baking powder
1/2 t. baking soda

Cream shortening and sugar well, add sour cream, egg yolks and vanilla. Sift together dry ingredients; add to creamed mixture, blending well. Chill. Roll out small amount of dough at a time. Roll out 1/8" thick on lightly floured surface. Cut with 2 1/2 inch cutter. Sprinkle cookies with sugar. Bake on ungreased cookie sheet at 375 degrees for 15 minutes. Makes 5 to 6 dozen.

April 9, 1959

SPECIAL SOUTHERN FRIED CHICKEN

1 frying chicken, cut up, or frying parts
1 1/2 c. cold water
2 stalks celery
1 carrot
Dash pepper
1 t. salt
1 c. stock
1 egg
1 1/4 c. flour
1 t. baking powder
1/2 t. salt

Cover chicken with cold water, add celery, carrot, pepper and 1 t. salt. Simmer for 30 minutes. Take 1 c. of chicken stock for batter, cool before making fritter batter. Beat together egg, stock, flour, baking powder and salt. Dip each piece of chicken in batter, fry in deep fat at 375 degrees until browned (about 25 minutes). Cook only 2 or 3 pieces at a time. Keep cooked pieces hot in a slow oven at 250 degrees.

BANANA NUT CAKE

1/2 c. butter
1 c. sugar
2 eggs
1/3 c. sour milk or buttermilk
2/3 c. mashed ripe bananas
2 c. cake flour
1 t. baking powder
1/2 t. baking soda
1/2 c. finely chopped nuts
1 t. vanilla

Cream butter and sugar, add eggs and blend well. Sift dry ingredients and add alternately with sour milk and mashed bananas. Add nuts and vanilla. Pour into greased and floured 9 inch square pan. Bake at 350 degrees for 45 to 50 minutes or until done. Note: Cake very good without frosting, or you may wish to sprinkle with a little confectioners sugar.

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201 HUMBOLDT STREET, ROCHESTER 3, N. Y.

2:30 P.M. HOME COOKING RECIPES, March 30 - April 10, 1959

March 30, 1959

ROLLED STUFFED FLANK STEAK

1 flank steak (1 1/2 to 2 pounds)	1/4 c. chopped onion
1 t. salt	1/2 c. chopped celery
1/8 t. pepper	1/4 c. butter or salad oil
1 1/2 c. bread cubes (1/2 inch cubes)	1/2 t. poultry seasoning
	1 c. water

Sprinkle salt on steak. Make a stuffing by combining remaining ingredients. Spoon mixture evenly over steak. Roll steak crosswise and fasten edges with metal skewers to hold in stuffing. Brown steak on all sides in a little fat. Add water. Cover. Bake at 350 degrees for 2 hours. Remove meat; make gravy. To carve, cut across the roll in 1 inch slices. 6 servings.

OVEN CHEESE POTATOES

Peel and shred 4 medium sized potatoes, mix with 1 c. shredded process American cheese. Season with 1 t. salt and 1/8 t. pepper. Place potatoes in shallow baking dish and pour in enough rich milk to nearly cover the potatoes (about 2 c.). Bake at 350 degrees for 1 hour. 6 servings.

BEST BUTTERSCOTCH PIE "For Hal"

1/4 c. sugar	1/4 t. salt
1/4 c. boiling water	3 eggs, separated
2 c. light cream	1 t. vanilla
1 c. brown sugar	3 T. butter
1/3 c. flour	9 inch baked pie shell

Melt the 1/4 c. sugar in heavy skillet, stirring constantly. When it becomes amber, add the boiling water and cook, stirring constantly until smooth. In top of double boiler combine cream, brown sugar mixed with flour and salt. Cook until thickened, stirring constantly. Beat egg yolks, add a little of hot milk mixture to yolks, then add all to mixture in double boiler. Add hot syrup. Cook, stirring constantly for an additional minute or two. Add butter and vanilla. Cool slightly. Pour into baked pie shell. Top with meringue, bake at 350 degrees for 12 minutes or until golden brown.

MERINGUE: Beat the 3 egg whites and 1/4 t. salt until frothy; beat in 6 T. sugar, 1 T. at a time. Beat until meringue is stiff and glossy. Add 1/2 t. vanilla. Spread on pie.

March 31, 1959

BAKED BEANS SUPREME

1/2 pound sliced bacon	1 t. dry mustard
1/2 c. chopped onion	1 can (9 oz.) crushed pineapple
2 cans (1 1/4 pounds) pork and beans	1/4 c. ketchup

Dice bacon, combine with onions in frying pan. Saute until onions are soft and bacon is crisp. Drain off excess fat. Add remaining ingredients. Place in casserole or bean pot and bake in slow oven 275 degrees for 1 1/2 hours. Makes 6 servings.

CHOCOLATE MARSHMALLOW COOKIES

1 3/4 c. cake flour	1 egg
1/2 t. salt	1 t. vanilla
1/2 t. baking soda	1/4 c. milk
1/2 c. cocoa	18 marshmallows, cut in half
1/2 c. shortening	*Chocolate frosting
1 c. sugar	

Sift flour, salt, soda and cocoa. Cream shortening and sugar, add egg, vanilla and milk, mix well. Add dry ingredients and mix to blend. Drop by spoonfuls onto lightly greased baking sheet. Bake at 350 degrees for 8 to 10 minutes. Remove from oven and press 1/2 marshmallow, cut side down, on top of each cookie. Bake 2 minutes longer. Cool. Frost with chocolate frosting and top with half a pecan if desired.

*CHOCOLATE FROSTING

Combine 2 c. sifted confectioners sugar, 5 T. cocoa and a dash of salt. Add 3 T. soft butter and about 5 tablespoons cream or enough to make of spreadable consistency.

CATHERINE'S COFFEE CAKE

1 c. milk, scalded	1/4 c. sugar
1 cake compressed yeast or 1 pkg. active dry	1 t. salt
	1 egg, beaten
	3 c. flour (about)
1/2 c. shortening, part butter	

Cool scalded milk to lukewarm, add yeast, let stand to soften. Cream shortening with sugar. Add egg, salt, and yeast mixture. Add enough flour to make a soft dough. Knead until smooth and elastic. Place in greased bowl; cover and let rise until doubled (about 1 hour). Roll dough about 1/4" thick. Cut into rounds with 2" cutter. Dip each in melted butter (about 1/3 c.) then in cinnamon-sugar (1 c. sugar, 1 T. cinnamon). Stand up in well buttered ring mold 8 1/2 inches round and 2 1/4 inches deep. Let rise until light, about 1/2 hour. Bake at 350 degrees for about 25 minutes. While still warm frost with confectioners sugar icing, if desired, and sprinkle with chopped nuts.

April 1, 1959

MEAT LOAF (Old Fashioned Flavor)

2 pounds ground beef	1 c. soft bread cubes
1 medium onion, chopped	1 1/2 t. salt
2 eggs	1/8 t. pepper
1 t. chili powder	1/2 t. seasoning salt
1 1/2 c. stewed tomatoes	4 strips bacon

Combine all ingredients except bacon. Pack into loaf pan 9 x 5 x 3". Place bacon strips across top. Bake at 350 degrees for 1 1/2 hours.

BLENDOR HOLLANDAISE SAUCE
(To serve with fresh asparagus or broccoli)

1/2 c. butter	1/4 t. salt
3 egg yolks	2 T. lemon juice
Dash Tabasco	

Melt butter, but do not brown. Put remaining ingredients in blendor, blend at high speed. Gradually add butter, using high speed on blendor. Keep sauce warm over warm water. If sauce should curdle add a few drops of heavy cream.

SPICY APPLE BARS
(A dessert to bake with meat loaf)

1/2 c. shortening	1 T. cocoa
1 c. sugar	1/2 t. nutmeg
2 eggs	1/2 t. cinnamon
1 c. flour	1/4 t. cloves
1 t. baking powder	1 c. rolled oats
1/2 t. salt	1 can Apple Tru, chopped
1/2 c. walnuts, chopped	

Cream shortening and sugar, add eggs and beat well. Sift dry ingredients and add. Stir in remaining ingredients. Spread in greased and floured jelly roll pan. Bake at 350 degrees for 35 minutes. Cool slightly. Cut into bars or squares. Sprinkle with confectioners sugar.

April 3, 1959

LOBSTER TAIL BARBER
(From Mrs. Charles Krembel)

4 lobster tails	3 slices bread, cut into small cubes mixed with 1/4 t. salt, dash pepper, 1/4 c. melted butter, tops of 3 green onions chopped fine or chives
1/4 c. butter	
1/4 c. cooking sherry	
2 T. flour	
1 t. paprika	
1/4 t. salt	
Dash pepper	
3/4 c. light cream or milk	

Cook lobster tails in boiling salted water (2 quarts water, 1 T. salt). Simmer for 10 minutes. Remove lobster meat and cut in bite-size chunks. Melt butter, add cooking sherry, stir in lobster meat and cook for 2 or 3 minutes. Add flour and seasonings. Add light cream or milk, cook, stirring until thick and smooth. Spoon mixture into lobster shells, top with cubes of bread, slip under broiler until bread is crispy and brown.

CHANTILLY POTATOES (Jiffy Recipe)
(Puffed and brown, fit for a king)

1 envelope Potato Plus	1/4 c. grated cheese
1/2 c. heavy cream	Salt and pepper

Prepare potatoes according to directions on package. Place in buttered shallow baking dish. Whip cream. Add a little salt and pepper, spread over potatoes, top with cheese. Slip under broiler to brown.

CHOCOLATE CHIP TORTE

1 3/4 c. flour
3 T. cocoa
1/2 t. salt
1 t. baking soda
1 c. boiling water
1 c. finely cut dates
1 c. shortening
1 c. sugar
2 eggs
1 t. vanilla
1 c. chocolate bits
1 c. chopped nuts
Whipped cream

Sift flour, cocoa, salt and soda. Pour boiling water over dates. Cream shortening and sugar, add eggs and vanilla and mix well. Add dates and water, add flour mixture, mix until smooth. Pour into greased and floured jelly roll pan about 13 x 9". Sprinkle top with chocolate bits and nuts. Bake at 350 degrees for 45 minutes. Cut into squares, serve warm or cold with or without whipped cream. Makes 12 servings. Tip: Buy the tiny chocolate bits from Atlantic Supply.

April 6, 1959

PIZZA WITH TUNA

3/4 c. warm water
1 pkg. active dry yeast
2 1/2 c. Bisquick
3/4 c. chopped onion
2 c. tomato sauce
8 oz. can mushrooms, sliced
7 oz. can Three Diamonds Tuna Fish (flaked)
Salt and pepper to taste
2 1/2 c. grated Cheddar cheese
Oregano

Dissolve yeast in warm water. Add Bisquick; beat vigorously. Turn dough onto lightly floured surface. Knead until smooth, about 20 times. Divide dough into 4 parts. Roll each part paper-thin into a circle about 10" in diameter. Place on ungreased baking sheets or in shallow pie pans. Press edges into a ridge. Filling: Mix onion, tomato sauce, mushrooms, tuna, salt and pepper; spread on dough. Sprinkle with grated cheese and oregano to desired taste. Heat oven to 425 degrees. Bake 15 to 20 minutes. Serve immediately. Note: If using 12" pizza pan, divide dough into 2 parts and proceed as above.

STRAWBERRY PINEAPPLE WHIP

1 pkg. strawberry Jello
1 #2 can crushed pineapple
1 1/2 c. miniature marshmallows
1 c. cold water
Liquid from pineapple plus water to make 1 c.

Drain pineapple, add enough water to make 1 c. liquid, heat to boiling. Stir in strawberry Jello, marshmallows, add cold water; chill until thickened and almost set. Beat until fluffy; fold in crushed pineapple. Turn into 1 quart mold or individual molds or sherbet glasses. Chill until set. Makes 6 servings. Serve with Genesee Country medium cream, whipped.

JIFFY CUP CAKES

1/2 c. shortening
2 1/4 c. flour
1 1/2 c. sugar
3 t. baking powder
1 t. salt
1 c. milk
2 eggs
1 t. vanilla
1/4 t. lemon extract
1/3 c. sugar
1 t. nutmeg

Sift flour, sugar, baking powder and salt. Add shortening and 3/4 c. milk. Mix until all flour is dampened. Beat vigorously 2 minutes, add remaining milk, eggs and flavorings. Beat vigorously 2 minutes longer. Fill paper-lined medium-sized muffin pans 2/3 full. Combine 1/3 c. sugar and nutmeg, sprinkle over top of cup cakes. Bake at 375 degrees for about 20 minutes. 24 cup cakes.

April 7, 1959

BAKED CHICKEN LEGS

(For the children who love drum sticks)

6 chicken legs
1 egg, well beaten
3/4 c. cracker crumbs
1 t. salt
Dash pepper
1/2 t. seasoned salt
1/3 c. butter

Baked Chicken Legs (Cont.)

Dip chicken pieces in egg, then in cracker crumbs. Sprinkle with salt, pepper and seasoned salt. Place chicken in flat baking pan in single layer. Dot with butter. Cover. Bake at 350 degrees for 45 minutes, uncover and bake 15 to 20 minutes longer or until tender and golden brown.

PERFECTION SALAD

2 T. unflavored gelatin
1/2 c. cold water
1 c. hot beet juice
1/2 c. boiling water
1 c. vinegar
Juice 1 lemon
1/2 c. sugar
3/4 t. salt
2 t. prepared horseradish
2 c. finely shredded cabbage
2 c. shredded or diced cooked beets

Soften gelatin in cold water, add hot beet juice and boiling water, stir to dissolve. Stir in vinegar, lemon juice, sugar, salt and horseradish. Chill until mixture begins to thicken. Add cabbage and beets. Pour into 8 individual molds. Chill until firm. Serve on crisp salad greens. 8 servings.

SOUR CREAM CAKE

1 1/2 c. flour
1 t. baking powder
1/2 t. salt
3 eggs, well beaten
1 c. sugar
1 c. Dairy Dressing or Sour Cream
1 t. vanilla

Sift flour, baking powder and salt. Beat eggs until thick, gradually beat in sugar and beat until very thick and lemon colored. Add sifted dry ingredients alternately with sour cream. Pour into greased and floured 9" square pan. Bake at 350 degrees for about 40 minutes or until cake tests done.

7-MINUTE SEAFOAM FROSTING

2 egg whites
1 1/2 c. brown sugar
1 T. light corn syrup
1/3 c. cold water
Dash salt
1 t. vanilla

Combine all ingredients except vanilla in top of double boiler. Cook over boiling water, beating constantly until stiff peaks are formed (about 7 minutes). Beat until of spreadable consistency after removing from heat. Add vanilla. Frost top and sides of cake.

April 8, 1959

STUFFED BEEF LOG

2 pounds ground beef
1/2 c. rolled oats
1/2 c. chopped onion
1/2 c. milk
1 egg
2 t. salt
Dash pepper
*Stuffing

Combine all ingredients except stuffing. Mix well. Shape into rectangle about 10 x 16 inches on waxed paper. Make stuffing. Spread stuffing evenly on meat. Roll as for jelly roll and place seam side down on rack in open roasting pan. Bake at 350 degrees for 1 1/2 hours. 8 servings.

Stuffing:

1/2 pound ground pork
1 medium potato, grated
1/4 c. chopped onion
1 egg, beaten
1 1/2 c. soft bread crumbs
3/4 t. salt
1 t. poultry seasoning or sage

Combine all ingredients. Mix well.

CREAMY RHUBARB PIE

1 egg, beaten
1 c. Dairy Dressing or Dairy Sour Cream
1 1/2 c. sugar
1/2 t. salt
3 T. quick cooking Tapioca
3 c. chopped rhubarb
9" unbaked pie shell

Combine egg, Dairy Dressing or Sour Cream, sugar, salt and tapioca. Fill pie shell with rhubarb; pour egg mixture over all. Bake at 425 degrees for 15 minutes, reduce heat to 350 degrees and continue to bake for 30 to 35 minutes.

CHERRY UPSIDE DOWN CAKE

(Serve warm from the oven, bake with meat roll if desired.)

2 T. melted butter
2 T. brown sugar
1 can Tru-Mix Cherry Pie Filling or Blueberry
1 egg, beaten
1/2 c. milk
1/2 t. almond extract (if using cherry pie filling)
1 (11 3/4 oz.) pkg. cupcake mix
Whipped cream

Spread butter and sugar over bottom of 9 inch square pan. Pour pie filling over mixture. Place in 350 degree oven while preparing cake topping. Add egg, milk and almond extract to cake mix. Prepare according to package directions. Remove pan from oven. Drop batter by spoonfuls over top of fruit, spread evenly. Bake at 350 degrees for 35 to 45 minutes. Remove from oven; cool 5 minutes. Turn upside down on plate so fruit makes topping. Serve warm with whipped cream. Serves 8 to 10.

April 9, 1959 STAR MARKET DAY

April 10, 1959

LEG OF LAMB (for Sunday Dinner)

5 to 6 pound leg of lamb
Salt and pepper

Do not have the fell removed from the leg of lamb (the fell is a thin paperlike covering over the meat). Season with salt and pepper. Place skin side down on a rack in an open roasting pan. Insert meat thermometer so bulb reaches the center of the thickest part of the leg, being sure the bulb does not rest in fat or on bone. Do not add water. Do not cover. Roast in slow oven 300 degrees to the desired degree of doneness. The meat thermometer will register 175 degrees for medium; 180 for well done. Allow about 30 to 35 minutes per pound for roasting.

MINT MERINGUE PEACHES

2 egg whites
1/2 c. mint jelly
8 to 10 peach halves

Beat egg whites until stiff. Add mint jelly and continue beating until well mixed. Place a large spoonful of mint meringue on each of the peach halves. Place in oven or under broiler just long enough for the meringue to brown. Serve hot with lamb.

CUSTARD CHIFFON CAKE

2 1/4 c. cake flour
1 1/2 c. sugar
3 t. baking powder
1 t. salt
3/4 c. milk
1/2 c. Planters Peanut Oil
2 t. vanilla
1 t. grated lemon rind
1 c. egg whites (7 or 8)
1/2 t. cream of tartar
7 egg yolks

Sift flour, sugar, baking powder and salt into large bowl. Scald milk, add to egg yolks gradually. Make a well in sifted dry ingredients and add in order, oil, egg yolk mixture, vanilla and lemon rind. Beat with spoon until smooth. Beat egg whites with cream of tartar until stiff. (Egg whites should be very stiff. . .DO NOT UNDERBEAT). Pour first mixture gradually over whipped egg whites, gently folding with a rubber scraper until just blended. Pour into ungreased 10 inch tube pan. Bake at 325 degrees for 55 minutes, then increase temperature to 350 degrees for 10 to 15 minutes. Immediately turn pan upside down, placing tube part over neck of funnel. Let hang free of table until cold. Loosen from sides and tube with spatula.

LEMON VELVET FROSTING

6 T. butter
4 1/2 c. sifted confectioners sugar
1/3 c. lemon juice
1 egg yolk
1 t. grated lemon rind

Cream butter until soft, add sugar alternately with lemon juice beating until smooth after each addition. Add egg yolk and beat to blend. Frost cake and sprinkle lemon rind over top. Tip: Cake and frosting will freeze.

TRUDY MC NALL'S

Rochester's FIRST Station
WROC-TV
CHANNEL 5
A TRANSCONTINENT TELEVISION CORPORATION STATION
ROCHESTER BROADCASTING CENTER
201 HUMBOLDT STREET, ROCHESTER 3, N. Y.

2:30 P.M. August 17, 1959 - August 28, 1959

August 17, 1959

BROILED HAM SLICE WITH FLORIDA RICE

Select slice of smoked, ready-to-eat ham, about 1 inch thick. Slash edges of fat. Broil 5 inches from heat for about 12 minutes, turn, and broil 10 minutes more. Serve with Florida Rice.

FLORIDA RICE

3 T. butter
2 T. chopped parsley
2/3 c. diced celery and leaves
2 T. chopped onion
1 1/2 c. water
1 c. orange juice
1/2 t. savory (or poultry seasoning)
1 t. grated orange rind
1/8 t. thyme
1/8 t. pepper
1 1/4 t. salt
1 c. uncooked rice

Melt butter in heavy saucepan; add celery and onion. Cook until tender but not brown. Add water, orange juice and seasonings. Bring to a boil and add rice slowly. Cover, reduce heat and simmer until rice is tender and liquid absorbed, or about 25 minutes. Serve hot.

HAWAIIAN BAVARIAN PIE

Crust:

12 graham crackers, rolled fine
1/2 c. melted butter
1/4 c. sugar

Mix well and press into 9 inch pie pan. Chill thoroughly.

Filling:

1 T. plain gelatin
1/4 c. cold water
1/4 c. sugar
3 egg yolks
3/4 c. milk
3 egg whites
1/4 t. salt
1/4 c. sugar
1 c. heavy cream, whipped
1 c. coconut
1 c. crushed, drained pineapple

Soften gelatin in cold water. In top of double boiler, combine 1/4 c. sugar, beaten egg yolks, softened gelatin and milk. Cook over hot water until mixture coats spoon. Refrigerate, stirring often until it begins to thicken. Beat egg whites with salt until foamy and gradually add 1/4 c. sugar, beating until stiff. Lightly fold into gelatin mixture. Then add the whipped cream, crushed pineapple and half of the coconut. Pour into crust and sprinkle with remaining coconut. Refrigerate until set.

August 18, 1959

CHICKEN TETRAZZINI

3 c. diced, cooked chicken
8 oz. spaghetti
1 pkg. spaghetti sauce mix
1 c. chicken broth
2 T. butter
1 c. light cream
1 small can mushrooms
1/4 c. grated Parmesan cheese

Chicken Tetrazzini (Cont.)

Cook spaghetti. Prepare spaghetti sauce mix, using chicken broth for the liquid and fat. Add cream, mushrooms (with liquid), and chicken. Arrange cooked spaghetti on bottom and sides of buttered 2 quart casserole. Pour sauce in center and over spaghetti. Sprinkle with cheese and bake at 375 degrees for about 20 minutes.

COUNTRY HAM BISCUITS

2 c. flour
3 t. baking powder
5 T. shortening
3/4 c. ground ham
3/4 c. milk
1/4 t. dry mustard

Sift flour, mustard and baking powder together and cut in shortening. Stir in milk, mixing just enough to hold together. Turn on floured board and knead lightly. Roll 3/4 inch thick and cut in desired shape. Bake at 450 for 15 minutes or until lightly browned. Makes 12 - 15 medium biscuits.

PEPPERMINT COOKIES

3/4 c. butter
1 egg, separated
1 t. vanilla
2 c. flour
1/4 c. sugar
1/2 c. crushed peppermint stick candy
1/4 c. sugar
Chocolate bits

Cream butter and 1/4 c. sugar. Stir in egg yolk and vanilla. Add flour and stir in crushed candy. Roll into 1 inch balls and dip in slightly beaten egg white. Roll in sugar. Place chocolate bit in center of each cookie. Bake on ungreased sheet for 15 minutes at 350 degrees.

August 19, 1959

TOPSY TURVY PIE

1 lb. ground beef
2 T. salad oil
1/2 c. chopped onion
1/4 c. chopped green pepper
1 (8 oz.) can tomato sauce
1/4 c. water
1 t. salt
1 t. chili powder
1/2 c. chopped ripe olives

Heat oven to 425 degrees. Saute meat in oil until half browned and add onion and green pepper. Cook, stirring frequently, until meat is browned and onion transparent. Add rest of ingredients and mix well. Pour into 9 inch pie plate. Make biscuit dough and roll to fit top of pie pan. Make slits in top and place over meat mixtures. Bake about 15 minutes at 425. Let stand a minute and then invert over serving dish. Cut in wedges. Approximately 4 servings.

Biscuit Topping:

Mix 1 cup biscuit mix with 1/3 c. milk and 3 T. salad oil. Beat 15 strokes. Turn on floured board and knead lightly. Proceed as above.

APPLE DOUGHNUTS

4 T. shortening
1 1/2 c. sugar
3 eggs
5 c. all-purpose flour
4 t. baking powder
1 t. salt
2 t. nutmeg
2 t. cinnamon
3/4 c. milk
1 c. well-drained canned apple slices
Confectioners sugar
Cinnamon sugar

Cream together shortening and sugar; add eggs one at a time, beating after each. Sift dry ingredients together and add alternately with milk to creamed mixture. Cut apples in small pieces and add. Drop by teaspoonful into deep fat, heated to 375 degrees. Fry 3 minutes. Drain on absorbent paper towels. Roll in confectioners sugar or cinnamon sugar. Makes about 5 dozen.

August 20, 1959

BEEF BIRDS

1 lb. round steak
1 c. bread crumbs
1 egg
1 onion
1 t. salt
1/2 t. sage
1 t. chopped parsley
1 c. milk, or beef broth

Make a dressing with the bread, egg, onion, seasoning and liquid. Salt the meat and cut into pieces about 3 x 4 inches. Spread each piece with dressing and roll. Fasten with toothpick. Roll in flour and brown in hot fat. Place in casserole. Add a little hot water. Cover and bake at 350 degrees for 2 hours, or until tender. Remove toothpick before serving. Serves 4.

ORANGE COFFEE CAKE

3/4 c. sugar
1 7/8 c. flour
2 t. baking powder
1/2 t. salt
1/3 c. melted butter
1/2 c. fresh orange juice
1 egg, beaten

Sift dry ingredients. Mix orange juice and melted butter with beaten egg. Stir into dry ingredients. Spread into greased 9 inch round or square pan. Sprinkle with topping made by blending 1/4 c. sugar, 1 T. flour, 1/2 t. cinnamon, 1/2 t. grated orange rind. Drizzle topping with 1/3 c. melted butter. Bake at 400 degrees for about 25 minutes. Serve hot.

August 21, 1959

JELLIED SALMON MOUSSE

2 1/2 c. flaked, cooked salmon
2 t. salt
2 T. sugar
1 t. dry mustard
1 T. flour
1/8 t. pepper
1/4 t. Accent
Dash Tabasco sauce
3 egg yolks, beaten
2 T. melted butter
1 c. milk
1/3 c. vinegar

Mix salt, sugar, flour and other seasonings. Add beaten egg yolks, butter, milk and vinegar. Cook over hot water until thickened. Dissolve 1 T. gelatin in 3 T. cold water and add to hot mixture. Add flaked salmon and pour into mold. Chill until firm and serve with cucumber sauce.

CUCUMBER SAUCE

1 cucumber, chopped fine
1/2 c. chopped celery
1/4 c. chopped olives
1/4 c. chopped sweet pickle
1 c. sour cream
Salt and pepper to taste
1 T. horseradish
2 T. chopped onion
1 T. chili sauce
1 T. lemon juice

Combine all ingredients, just before serving. Serve chilled, with fish.

BLACK WALNUT PIE

1 envelope gelatin
1/4 c. cold milk
1/2 c. hot milk
2 sq. baking chocolate, melted
4 egg yolks
Dash nutmeg
2 t. vanilla
1/2 c. sugar
4 egg whites
1/2 c. sugar
1/2 c. crushed black walnuts

Soften gelatin in 1/4 c. cold milk. Heat 1/2 c. milk to boiling point. Add sugar and beaten egg yolks. Cook slightly and add softened gelatin. Add melted chocolate, vanilla and nutmeg. Cool until slightly thickened. Beat egg whites with a pinch of salt until stiff and add 1/2 c. sugar, beating until glossy. Fold into the cooled custard and add the crushed black walnuts. Pour into a baked pie shell. Chill. Spread top with sweetened whipped cream and garnish with chocolate curls.

August 24, 1959

AVOCADO & SHRIMP SALAD

3 avocados
1 t. chopped fresh dill
1/4 t. tumeric
1 T. vinegar
2 t. sugar
3/4 t. salt
Pepper
3 T. lemon juice
1 T. olive oil
3 green onions, chopped
3 large tomatoes, peeled seeded and chopped
1 lb. shrimp, cooked and shelled

Cut avocados in half lengthwise, remove seeds and sprinkle flesh with lemon juice. Cut away about 1/2 inch of the flesh all around the top of each half to make room for filling. Combine all ingredients, except shrimp. Mix well, then add cut-up shrimp and diced avocado. Fill avocado shells just before serving. Garnish with mayonnaise and pimiento strips.

PINEAPPLE TEA RING

2 cakes yeast
1/4 c. lukewarm water
1/2 c. sugar
1/4 c. shortening
1 t. salt
1 c. scalded milk
2 eggs, unbeaten
5 c. flour

Filling:

1 No. 2 can crushed pineapple, well drained
3/4 c. sugar
1 T. cornstarch
1/2 c. raisins

Frosting:

1 T. butter
2 T. cream
1 c. confectioners sugar
1/4 t. vanilla

Mix sugar, shortening, salt and scalded milk and cool to lukewarm. Soften yeast in water and add to cooled milk mixture. Stir in unbeaten eggs and add flour. Knead. Then let rise until light, about 1 1/2 hours. Divide dough in half. Roll out each portion to a 20 x 12 inch rectangle. Brush with melted butter. Spread with filling. Mix 1/2 c. brown sugar with 2 t. cinnamon and sprinkle half over each tea ring. Then roll dough as for

Pineapple Tea Ring (Cont.)

jelly roll. Shape into ring on greased baking sheet and cut slashes with scissors about 2 inches apart. Let rise until doubled and bake at 375 degrees for approximately 25 minutes. Let cool slightly and frost. For filling, mix all ingredients together, cook until thickened and cool before using.

August 25, 1959

STUFFED EGGPLANT

3 small eggplants
6 T. olive oil
3 T. butter
1/2 t. basil
1/8 t. garlic powder
3 onions, chopped
6 tomatoes, peeled
1/2 c. dry bread crumbs
1/4 c. Parmesan cheese, grated

Cut eggplants in half lengthwise, sprinkle with salt and let stand for 30 minutes. Drain off the juices and dry the cut surfaces. Cook the eggplant in the olive oil for about 15 minutes on each side, or until tender. Cook the chopped onion in the butter until tender, add the diced tomatoes, garlic and basil. Season to taste. Scoop out the flesh from the eggplant, leaving a thick shell. Chop the flesh from the eggplant and add to the tomato mixture. Fill shells, sprinkle with crumbs and grated cheese. Bake 15 minutes at 350. Brown under broiler.

LIME MERINGUE PIE

7 T. cornstarch
1 3/4 c. sugar
2 c. boiling water
5 egg yolks, beaten
Grated rind of 2 lemons
1 baked 9 inch pie shell
1/4 t. salt
1/2 c. unstrained fresh lime juice
Green coloring
5 egg whites
1/2 c. sugar
1/8 t. salt

Sift cornstarch and sugar together in top of double boiler and stir in gradually the boiling water. Stir constantly until thick and clear. Very carefully stir in beaten egg yolks, then the salt and lemon rind and lime juice. Cook until thick and clear. Add a drop or two of green coloring to intensify color. Cool but do not chill and then pour into the pie shell. Make a meringue with the egg whites and sugar. Bake at 350 for about 15 minutes or until delicately browned.

August 26, 1959

CHICKEN TIMBALES

1 1/2 c. cooked rice
1 1/2 c. diced cooked chicken
1 T. finely minced onion
2 eggs, beaten
1 c. milk
1/3 c. chicken broth
1/2 t. salt
Pepper

Mix all ingredients together. Bake in custard cups or individual baking dishes. Place cups in pan of hot water and bake at 350 for approximately 30 minutes, or until set. Serve on a slice of cranberry jelly.

AUNT EMMA'S SUGAR COOKIES

1 c. butter
1 c. sugar
1 egg
1 t. vanilla
2 c. flour
1/2 t. soda
1/2 t. salt

Cream butter and sugar thoroughly. Add egg and vanilla and beat well. Add flour, soda and salt. Mix well. Form into small balls, place on baking sheet and flatten with the bottom of a glass that has been sugared. (Dip in sugar before flattening each cookie.) Bake at 400 degrees for about 10 minutes.

August 27, 1959

JUMBO PIZZA LOAF

1 loaf French bread, about 18" x 4"
3/4 lb. ground beef
1/3 c. grated Parmesan cheese
1/4 c. finely chopped onion
1/4 c. chopped ripe olives
1 t. salt
1/2 t. oregano
Dash of pepper
1 can (6 oz.) tomato paste
3 tomatoes, thinly sliced
5 slices sharp cheese, halved

Cut loaf in half lengthwise. Combine meat, parmesan cheese, onions, olives and seasonings and tomato paste. Spread evenly on each half of loaf. Broil about 6 inches from heat for about 12 minutes or until meat is done. Top with thinly sliced tomatoes and cheese slices. Broil about 1 minute or until cheese melts.

OLD FASHIONED PEACH COBBLER

3 c. sliced fresh peaches
1 c. sugar
1 t. grated lemon peel
1 T. lemon juice
1/4 t. almond extract
1/2 t. salt
1 1/2 c. flour
1 T. sugar
3 t. baking powder
1/3 c. shortening
1 egg
1/2 c. milk

Arrange sliced peaches in greased 9 inch round baking dish. Mix 1 c. sugar with lemon peel, juice and flavoring. Sprinkle over peaches and place in 400 degree oven while you fix the topping. For the topping mix flour, sugar, baking powder and salt. Cut in shortening. Beat egg, mix with milk and stir into dry ingredients. Stir until flour is just moistened. Spoon dough over hot peaches, spreading it evenly as possible. Sprinkle with 2 T. sugar and bake at 400 degrees for 30 minutes. Serve warm with cream.

August 28, 1959

NEW ORLEANS CASSEROLE

1 5 oz. package pre-cooked rice
2 c. cooked shrimp
1 can cream of celery soup
1/2 c. milk
2 T. chopped onion
2 T. chopped parsley
1 t. salt
2 dashes Tabasco sauce
1/2 c. crushed cornflakes
1/3 c. toasted slivered almonds
2 T. butter, melted

Prepare rice according to package directions. Combine with shrimp, soup, onion, parsley and seasonings. Pour into 1 1/2 qt. casserole. Combine cornflakes, almonds and butter and sprinkle over top. Bake at 357 degrees for about 25 min.

BETTY'S CHOCOLATE OATMEAL BARS

1 c. butter
1/2 c. brown sugar
1/2 c. white sugar
2 egg yolks
1 c. flour
1 c. rolled oats
6 1-oz. chocolate bars
2 T. butter
1/2 c. chopped nuts

Cream butter and sugars. Beat in egg yolks. Add flour, rolled oats and mix well. Spread into greased and floured 13 x 9 inch pan. Bake at 350 degrees for 20 minutes. Cool 10 minutes. Melt chocolate bars with butter. Spread over cooled cookie layer and sprinkle with nuts. Cut in bars.

(On September 7, 1959 Home Cooking celebrates its 6th Anniversary. Recipes for the two following weeks have been selected as some of the best from our first year of telecasting.)

August 31, 1959

OVEN BAKED CHICKEN

2 pounds fry chicken parts, or 1--3 lb. chicken	2 t. salt
	Bread or cornflake crumbs
1 egg	2 T. butter

Beat egg slightly, add salt. Dip chicken in egg, then roll each piece in crumbs. Place in well buttered casserole, dot with butter. Cover and bake at 400 degrees for 1 1/4 hours. Serves 3 to 4.

BAKED ACORN SQUASH

Cut squash in half; remove seeds and place, cut side down, in lightly buttered shallow pan. Bake at 400 degrees for 1 hour. Turn cut side up and brush with melted butter. Sprinkle with a little brown sugar and paprika. Return to oven for 10 minutes.

OVEN STEAMED RICE

Wash 1 c. regular rice, drain. Combine with 2 1/2 c. hot water, 1 t. salt and 3 T. butter. Cover and bake at 400 degrees for 1 1/4 hours.

BAKED APPLE DUMPLINGS

2 c. flour	3/4 c. milk
4 t. baking powder	6 apples, peeled and cored
1/2 t. salt	
1 1/2 T. sugar	1 c. sugar
1/4 c. shortening	1 c. water

Sift dry ingredients, cut in shortening. Add milk and mix to make a soft dough. Toss on lightly floured surface, roll out to a rectangle 8 x 12 inches. Cut dough into 6--4 inch squares. Place an apple on each square, put 1 T. of sugar in each apple. Bring up the corners and seal by pinching together. Place in well buttered baking pan. Combine remaining sugar and water, bake at 400 degrees 40 to 50 minutes, or until crust is nicely browned and apples are cooked through. Serve warm with cream or milk.

September 1, 1959

PORK CHOP LOAF

6 pork chops	4 c. stale bread crumbs
1 c. chopped onion	1 t. salt
1 c. chopped celery	1/2 t. pepper
1/3 c. butter	1/4 c. chopped parsley

1/4 c. water

Brown chops in skillet. Remove from pan. Saute onion and celery in butter until lightly browned. Add bread, salt, pepper and parsley, mix well. Add water. Place a chop, fat side up, at both ends of a 10 x 5 x 3 inch loaf pan. Alternate chops and stuffing. Run a long skewer through the chops. Bake in moderate oven 350 degrees for about 1 hour.

CREAMY RICE CUSTARD PUDDING

2/3 c. Minute Rice or 1 c. cooked rice	1/4 c. raisins
	1/2 c. sugar
2 1/2 c. milk	1/2 t. salt
3 eggs, slightly beaten	1/8 t. cinnamon

1/8 t. nutmeg

Combine rice and milk in double boiler, bring to scalding point. Add sugar to eggs, add salt and spices. Add hot rice mixture slowly to eggs, mixing well. Add raisins. Turn into well buttered

Creamy Rice Custard Pudding (Cont.)

1 1/2 quart baking dish. Place in pan of hot water. Bake at 350 degrees for 45 to 60 minutes or until knife inserted in center of pudding comes out clean. Stir several times during first 20 minutes of baking to distribute rice. 6 servings.

GRANDMOTHER'S GINGER COOKIES
(Thick with crackled sugary top)

3/4 c. shortening	2 t. soda
1 c. brown sugar	1/4 t. salt
1 egg	1/2 t. cloves
1/4 c. molasses	1 t. cinnamon
2 1/4 c. flour	1 t. ginger

Cream shortening and sugar. Add egg and mix well. Stir in molasses. Sift dry ingredients. Add to first mixture. Roll dough into balls the size of walnuts. Dip tops in sugar. Place 3 inches apart on UNGREASED cookie sheet. Bake at 375 degrees 10 to 12 minutes. Yield: 3 dozen.

September 2, 1959

APPLESAUCE MEAT BALLS

1 pound ground beef	2 T. grated onion
1/4 pound ground pork	1 t. salt
1/2 c. bread crumbs	1/8 t. pepper
1 egg	1/4 c. ketchup
1/2 c. applesauce	1/4 c. water

Combine all ingredients except ketchup and water. Form into 2 inch balls. Brown in small amount of shortening. Turn balls gently, browning all over. Combine ketchup and water, pour over balls. Cover, bake at 350 degrees for 1 1/4 hours. 6 servings.

GLAZED PAPRIKA ONIONS

1 1/2 pounds onions (small)	3 T. butter
1 t. salt	3 T. brown sugar
1 1/2 t. paprika	1/3 c. water

Peel onions, place in greased casserole. Add remaining ingredients. Cover and bake at 350 degrees 1 1/4 hours.

HAWAIIAN GINGERBREAD

1/4 c. butter	2 c. flour
1/2 c. brown sugar	1 t. soda
1 c. crushed pineapple	3/4 c. molasses
1/2 c. coconut	1/2 c. sugar
1 egg	1 c. hot water
1/2 t. salt	1/2 t. ginger
1/2 c. melted shortening	1/2 t. cinnamon

Melt butter, add brown sugar and pineapple. Boil together 5 minutes. Add coconut. Spread in bottom of greased 8 x 8 x 2 inch pan. To make gingerbread, beat egg slightly, add salt, shortening, molasses and sugar. Mix well. Sift flour with spices and add, mix only until blended. Dissolve soda in hot water and add to first mixture. Pour over fruit mixture. Bake at 350 degrees for 45 to 50 minutes.

September 3, 1959

DEVILED HASH

1/4 c. butter	1 T. prepared mustard
2--1 pound cans corned beef hash	1/4 t. salt
	1/4 t. Worcestershire sauce
1/4 c. cream	
1/2 c. chili sauce	2 T. mayonnaise
3 eggs	Paprika

Melt butter, pour into 7 x 11 inch pan. Spread hash in dish; pour over cream. Top with chili sauce. Bake at 400 degrees for 30 minutes. Top

Deviled Hash (Cont.)

with deviled eggs, filled side up. If desired, put hash under broiler to brown eggs. To make deviled eggs: Cover eggs with cold water, bring to a boil, simmer 15 minutes. Plunge immediately into cold water. Remove shell. Carefully cut eggs in half lengthwise. Remove yolks. Mash yolks or force through sieve. Add mustard, salt, Worcestershire sauce and mayonnaise. Pile yolk mixture in the halves of egg white; sprinkle with paprika. Serves 6.

POTATO REFRIGERATOR ROLLS

2 yeast cakes	1/2 c. sugar
1/4 c. warm water	2 eggs, well beaten
1 3/4 c. milk	1 c. mashed potatoes
1 T. salt	7 c. flour

1/2 c. shortening

Add yeast to warm water. Scald milk, add salt, sugar, shortening, eggs and mashed potatoes. Cool to lukewarm. Add yeast. Add 3 c. of the flour and beat for 5 minutes, with electric mixer or wooden spoon. Stir in remaining 4 c. of flour, but do not knead. Dough will be rather soft and sticky. Place in well greased bowl. Cover with towel and store in refrigerator to have on hand. Dough will keep about 3 days. When ready to use, remove from refrigerator, punch down, and shape as desired into rolls or kuchens.

SWEDISH TEA RING

Weigh about 1 pound of refrigerator dough (about 1/3 of recipe). Roll out to rectangle about 14'' x 8''. Brush with melted butter, sprinkle over dough mixture of 1/3 c. brown sugar and 1/4 t. cinnamon. Roll up lengthwise as a jelly roll. Place on lightly greased cookie sheet. Form into circle and seal ends together firmly. Cut 1 inch slices almost through with scissors. Turn each slice partly on its side, pointing away from the center. Cover with clean towel. Let rise until light. Bake at 350 degrees for about 25 minutes. Remove from oven, cool slightly. Ice top while warm with confectioners sugar icing. Confectioners Icing: Combine 1/2 c. confectioners sugar, 2 t. milk and 1/4 t. vanilla. Sprinkle with finely chopped nuts if desired.

September 4, 1959

SALMON LOAF WITH EGG SAUCE

1 pound can salmon	2 T. chopped sweet pickles
3/4 c. milk	
1 1/2 c. soft bread crumbs	1 T. lemon juice
	1 t. salt

1 egg, slightly beaten

Combine all ingredients. Pack into greased small loaf pan. Bake at 350 degrees for 30 to 40 minutes. Egg Sauce: Melt 2 T. butter, add 2 T. flour, 1/2 t. salt and 1/4 t. pepper. Gradually stir in 1 c. milk. Cook, stirring constantly, until thick and smooth. Add 1 hard cooked egg, chopped. Serve over loaf.

BEST BROWNIES
(May be baked with Salmon Loaf)

1/2 c. cake flour	2 1/2 squares chocolate
1/2 t. baking powder	1/3 c. shortening
1/8 t. salt	1/2 t. vanilla
2 eggs	1 c. chopped nuts
1 c. sugar	

Sift flour, baking powder and salt. Beat eggs until light, add sugar and beat well. Add chocolate and shortening which have been melted together. Add vanilla and sifted dry ingredients. Add nuts. Pour into greased and floured 8 inch square pan. Bake at 350 degrees for 25 to 30 minutes.

September 7, 1959

6th ANNIVERSARY OF "HOME COOKING"

WESTERN RANCH MEAT LOAF

2 pounds ground beef	1 T. salt
1 onion, chopped	2 eggs
3/4 c. sliced celery	3 c. stale bread crumbs
1/4 c. shortening	1/2 c. water
1/3 c. green pepper, chopped	1/2 c. tomato juice
	2 T. melted butter

Brown onion and celery in shortening. Add green pepper, salt, eggs, bread crumbs and water to make a stuffing. Add 1 1/2 c. of stuffing to meat, mixing well. Grease loaf pan. Pat out half of meat mixture into it. Cover meat with remaining stuffing, then top with remaining meat mixture. Bake in moderate oven 375 degrees for 1 1/4 hours. Combine tomato juice and butter. After meat has baked for about 15 minutes, pour half of tomato mixture over top. In about 15 minutes pour over remaining tomato mixture.

EASY FUDGE DESSERT
(To bake with Meat Loaf)

1 1/2 c. flour	1 egg, beaten
2 t. baking powder	1/2 c. milk
1/2 t. salt	3 T. melted shortening
1/2 c. sugar	*Fudge filling

Sift flour, baking powder, salt and sugar. Combine egg, milk and shortening. Add to flour mixture, stir until mixture is smooth. Spread 2/3 of batter in bottom of well greased 8 inch square pan. Pour fudge filling over batter. Drop remaining batter by spoonfuls over fudge filling. Bake at 375 degrees for 30 to 35 minutes. Serve warm with custard sauce if desired.

Fudge Filling: Combine 1 egg, 1/2 c. sugar, 1 square chocolate melted, 1/4 c. chopped nuts and 1 T. melted butter. Custard Sauce: Combine 3 egg yolks, slightly beaten, 1/4 c. sugar, 1/8 t. salt, 1 1/2 c. milk. Cook over hot water, stirring constantly until mixture thickens slightly. Remove from heat, set pan in cold water to cool. Add 1 t. vanilla.

September 8, 1959

POT LUCK CASSEROLE

1 pound ground beef	4 ounces noodles
2 T. shortening	Salt and pepper
1 onion, chopped	1 can cream-style corn
1 can tomato soup	1 c. sliced mushrooms, canned
1 c. water	

1 c. shredded sharp cheese

Saute onion in shortening until lightly browned. Add meat and stir until meat is no longer pink. Add tomato soup, water and uncooked noodles. Cook until noodles are tender, stirring often. Season to taste. Add corn and mushrooms and stir. Top with shredded cheese. Bake in moderate oven 350 degrees for 30 to 40 minutes or until mixture is bubbly and cheese is melted and browned. 6 servings.

LUSCIOUS LEMON MERINGUE PIE

1 1/2 c. sugar	1 T. butter
1/4 c. cornstarch	3 egg yolks
5 T. flour	6 T. lemon juice
2 c. boiling water	1 t. grated lemon rind

Combine sugar, cornstarch and flour. Add water gradually. Cook, stirring constantly, until thick and transparent. Add some of this hot mixture to slightly beaten egg yolks. Combine the two and cook 1 minute longer. Remove from heat, add butter, lemon juice and rind. Stir until

Luscious Lemon Meringue Pie (Cont.)

blended. Cool slightly. Pour into baked 9 inch pie shell. Top with meringue and bake at 425 degrees for 4 minutes. Meringue: Beat the 3 egg whites with pinch salt and 1/8 t. cream of tartar until stiff but not dry, gradually beat in 6 T. sugar and continue to beat until stiff peaks are formed and sugar is dissolved. Spread meringue on warm filling.

September 9, 1959

VEAL BIRDS

1 1/2 lbs. veal steak	2 T. butter, melted
Salt and pepper	1 t. salt
1 c. soft bread crumbs	Seasoned flour
1 T. lemon juice	1/4 c. shortening

1 c. light cream

Cut steak into serving pieces about 2 x 4 inches. Pound or flatten meat. Sprinkle with salt and pepper. Combine bread crumbs, lemon juice, butter and salt. Spread a spoonful of stuffing on each piece of meat, roll up and fasten with toothpicks. Roll in seasoned flour and brown in melted shortening. Pour off excess shortening. Add cream. Bake at 350 degrees for about 1 hour or until meat is very tender.

SCALLOPED POTATOES

8 medium sized potatoes	1 t. salt
3 T. flour	1/8 t. pepper
6 T. butter	3 c. milk

Pare potatoes and slice thin. Make a white sauce of flour, butter, seasonings and milk. Pour sauce over potatoes in well greased casserole. Cover. Bake at 350 degrees for 1 to 1 1/4 hours or until potatoes are tender. Uncover last 15 minutes to brown potatoes.

GLAZED BAKED APPLES

4-6 large perfect red apples	1 c. sugar
	1 c. water

Using an apple corer, remove all the core and seeds of apples. Pare apple about 1/4 of the way down from the stem end; leave the skin on below this part. Place apples in shallow dish; do not crown them. Combine sugar and water. Boil 6 minutes to make a syrup. Pour hot syrup over prepared apples. Bake at 350 degrees for 40 to 50 minutes, basting occasionally with syrup.

September 10, 1959

HAMBURGER ROLL-UPS

2 pounds ground beef	1/4 c. ketchup
8 to 10 slices bacon	1 T. Worcestershire sauce
1/4 c. chopped onion	
1 egg, beaten	1 t. salt
1 c. shredded cheese	1/2 t. pepper

Place bacon on waxed paper or a cutting board having strips just touch each other. Combine remaining ingredients. Mix well. Press and roll into a 10 inch cylindrical shape and place on bacon slices. Draw bacon slices around meat and fasten with toothpicks. Slice in 1 inch rounds, allowing 1 slice bacon for each hamburger slice. Broil or pan-fry about 5 minutes on each side. Makes 8 to 10 hamburgers.

DOUBLE BOILER CREAMED POTATOES

Combine in top of double boiler 1 c. milk, 4 c. diced raw potatoes, 3 T. butter. Cook over boiling water for 45 to 50 minutes. Stir occasionally. Add 3/4 t. salt, 1/8 t. pepper. Pour into serving dish, sprinkle with paprika and parsley. Makes 4 to 5 servings.

REFRIGERATOR DATE PINWHEELS

2 c. dates, cut up	2 c. brown sugar
3/4 c. sugar	3 eggs
1 c. water	4 c. flour
1 c. nuts, chopped	1/2 t. salt
1 c. shortening	1/2 t. baking powder

Combine dates, white sugar and water. Cook until thick, stirring occasionally (about 5 min.). Add nuts and cool. Cream shortening and brown sugar, add eggs and mix well. Add sifted flour, salt and baking powder. Chill dough. Divide mixture into 4 parts, roll separately into rectangles about 10 x 6 inches. Spread each with 1/4 of the cooled date filling and roll as a jelly roll. Chill. Cut into slices about 1/2 inch thick. Place on ungreased baking sheet. Bake at 400 degrees about 10 minutes. Makes about 7 dozen.

September 11, 1959

GOLDEN BROILED HALIBUT STEAK

2 lbs. halibut steak	1 t. salt
1 T. grated onion	1/4 t. pepper
2 T. lemon juice	2 T. minced parsley
1/4 pound butter	Lemon wedges

Combine all seasonings except parsley. Arrange steaks on greased broiler pan. Pour half of mixture over steaks, broil about 3 inches from heat about 8 minutes, turn steaks, pour balance of mixture over them and broil 6 minutes. Serve hot on preheated platter. Sprinkle with parsley and garnish with lemon wedges.

EXTRA SPECIAL CUSTARD PIE

(No soggy crust this custard pie)

1 baked 9 inch pie shell	1 t. vanilla
4 eggs, slightly beaten	2 c. milk
1/2 c. sugar	1/4 t. nutmeg
1/2 t. salt	Butter

Add sugar and salt to eggs, add vanilla and milk. Butter 9 inch pie plate generously, set in shallow baking pan. Pour custard into it. Sprinkle with nutmeg. Set in oven, pour hot water into pan to come up 3/4 of way on side of plate. Bake 35 minutes or until custard is set. Cool well on rack at room temperature. When shell and custard are both cool, tilt custard a bit. With small spatula gently pull custard away from all sides of plate. To complete loosening, hold plate level with both hands; shake gently. Now hold custard, tilted over shell, far edge of custard just above and close to far edge of shell. Shake gently; as custard slips, pull plate back toward you till custard is in shell. Let settle a few minutes.

Baked Pie Shell: Sift 1 c. flour with 1 t. salt. Cut in 1/3 c. shortening until it is like coarse meal. Sprinkle in about 3 T. water a tablespoonful at a time. Mix gently with a fork. Use only enough water to hold dough together. Press dough into a ball and flatten with hand. Roll out into circle about 1 1/2 inches larger than inverted pyrex plate. Fit dough into pie plate, avoid stretching. Trim dough with scissors, leaving about 1 inch overhanging the edge of the pie plate. Fold dough back and under and make fluted or other desired edge. Place a second pyrex pie plate of the same size and shape on the unbaked pie shell. The pie crust is held between the 2 pyrex plates during baking. Bake in hot oven 425 degrees for 16 to 20 minutes or until lightly browned. Remove top pie plate and you have a perfectly shaped pie shell. Cool. Note: Do not prick pie crust with fork, this is unnecessary when shell is baked in this manner.

WROC - Television
Channel 5

TRUDY McNALL'S
HOME COOKING RECIPES

September 14 - 25, 1959

Weekdays
2:30 P.M

September 14, 1959

COMPANY MEAT LOAF

(This meat loaf encases a savory stuffing of mushrooms and onions.)

1/2 lb. mushrooms, sliced	3/4 c. tomato juice
1 onion, chopped	1 c. soft bread crumbs
1/2 c. celery, chopped	1 1/2 t. salt
3 T. butter	1/8 t. pepper
	2 pounds ground beef
	2 eggs

Saute mushrooms, onions and celery in butter until vegetables are limp. Add 1/2 c. of the tomato juice and simmer 10 minutes. Mix in crumbs, 1/2 t. of the salt and pepper. Combine beef with remaining 1 t. salt, remaining 1/4 c. tomato juice and eggs. Shape mixture into loaf in greased baking dish; scoop out center, fill with mushroom mixture and pat remaining meat mixture over mushroom stuffing; enclosing it completely with the ground meat. Bake in a hot oven 450 degrees for 20 minutes, then reduce temperature to 350 degrees and bake 30 minutes longer. 8 servings.

PARTY PECAN PIE

(A regional pie--from the south--will also rate votes of the north, east and west. Recipe from "Pyrex" folks uses the extra large Pyrex Pie Plate, cuts 8 to 10 servings. Pie may be frozen for future use.)

5 eggs	1 1/2 t. vanilla
1 c. sugar	1 1/2 c. chopped pecans
6 T. melted butter	16 pecan halves for garnish
1 1/2 c. corn sirup	1 c. heavy cream, whipped, if desired
1 t. salt	

Prepare unbaked pie shell (see recipe below). Beat eggs and sugar together until well blended. Add butter, corn sirup, salt, vanilla and chopped pecans and mix thoroughly. Pour into unbaked pie shell. Bake at 350 degrees for about 1 1/4 hours or until filling is set. Garnish with pecan halves, serve warm or cold, topped with whipped cream, if desired.

PIE CRUST FOR 10 1/2 INCH PIE PLATE #211 PYREX (Single Crust)

1 1/2 c. flour	1/2 c. shortening
3/4 t. salt	4 to 5 T. water

Sift flour and salt, cut in shortening until it looks like coarse meal. Add water a tablespoonful at a time, mix gently with a fork. Use only enough water to hold pastry together.

September 15, 1959

LUSCIOUS PRUNE BREAD

(Wonderful when cut in thin slices and spread with cream cheese. Also makes excellent toast. Inexpensive. Makes 2 loaves.)

2 c. boiling water	1 egg
2 c. dried prunes, pitted, and coarsely cut	1 t. vanilla
	4 c. flour
	2 t. baking powder
2 t. soda	1 t. salt
1 1/4 c. sugar	1 c. chopped walnuts
2 T. melted butter	

Pour boiling water over chopped, uncooked prunes; add soda and allow to stand. Mix butter, sugar and egg; stir in vanilla. Sift flour, baking powder and salt. Add to creamed mixture alternately with water from prunes. Add prunes and nuts. Spoon into two greased and floured 9 x 5 inch pans. Bake at 300 degrees for 1 hour or till brown.

MARYLAND FRIED CHICKEN

1 broiler-fryer or favorite chicken parts	1/4 t. salt
	3/4 c. water
1 c. pancake mix	Fat for frying

Cut broiler-fryer into serving pieces. Simmer in 1 c. water, (seasoned with 1/2 t. salt and dash pepper, add a stalk of celery and slice of onion) for 30 minutes or until partially tender. Drain. Combine pancake mix, salt and water, beat until very smooth. Dip chicken in batter. Lower in hot fat 350 degrees and cook about 10 minutes. Drain on paper towels. Keep hot in covered pan in slow oven.

CHOCOLATE-NUT SPICE BARS

3/4 c. shortening, part butter	1/2 t. salt
	3/4 c. flour
1 1/2 c. light brown sugar	3 squares unsweetened chocolate
3 eggs	2 t. vanilla
1 1/2 t. cinnamon	1 c. chopped nuts
1/2 t. nutmeg	1 c. chopped chocolate bits
1/2 t. allspice	

Cream shortening and sugar until light and fluffy. Add eggs and beat well. Sift spices, salt and flour and add. Add melted chocolate, vanilla and nuts. Pour into greased and floured 11 x 7 x 1 1/2 inch baking pan. Sprinkle with chocolate bits. Bake at 375 degrees for 25 to 30 minutes. Cut in bars while warm, dust with confectioners sugar if desired.

September 16, 1959

CUBE STEAKS WITH MUSHROOM SAUCE

4 to 6 cube steaks	1/2 t. salt
3 T. butter	Dash pepper
1 T. minced onion	1 c. water or chicken broth or bouillon
1/4 lb. sliced mushrooms	1/4 c. rich milk or cream
2 T. flour	

Melt 2 T. butter in skillet and brown steaks on both sides about 2 minutes per side. Remove to warm place, add remaining butter to pan and saute onion and mushrooms, about 5 minutes, until brown. Stir in flour, salt and pepper, add water or broth and milk. Stir constantly until thickened and mixture boils. Add cube steaks and simmer in sauce for 3 minutes.

SOUR CREAM BANANA SPICE CAKE

2 eggs, separated	1/2 t. cloves
1/2 c. shortening, part butter	1/2 t. salt
	1/2 c. mashed ripe bananas
1 1/2 c. brown sugar	
2 c. flour	1/2 c. commercial sour cream
1 t. soda	
1 t. cinnamon	1 t. vanilla
	1/2 c. chopped nuts

Beat egg whites until stiff but not dry, set aside. Cream shortening and sugar, beat in egg yolks. Sift flour, spices and salt. Combine bananas, sour cream and vanilla. Add dry ingredients to creamed mixture alternately with banana mixture. Fold in egg white. Pour into greased and floured 9 inch square pan. Sprinkle with nuts. Bake at 350 degrees for 45 minutes or until cake tests done. Note: Serve this finely textured cake with the best coffee you can make. Does not need a frosting.

September 17, 1959

BAKED LAMB CHOPS AND POTATOES

4 double lamb chops	4 medium potatoes, sliced
1 large onion	1/4 c. butter
	Broth or water

Brow[illegible] hops on both sides. Slice potatoes as for [illegible]ed potatoes. Slice onion and saute in [illegible] for 1 minute, add sliced potatoes, put in [illegible]g dish, cover with broth or water. Add salt a[illegible] pepper to taste. Place chops on top of potatoes, bake at 400 degrees for 1 hour.

PRIZE APPLE PIE

6 c. sliced apples	2 T. flour
1/2 c. white sugar	3/4 t. cinnamon
1/2 c. brown sugar	1/8 t. nutmeg
	2 T. butter

Combine sugars, flour and cinnamon. Cut in butter. Spread 1/3 of this mixture over bottom of crust. Add half of apples, arrange them in crust so as to eliminate air spaces. Sprinkle 1/3 of sugar mixture over apples. Arrange remaining apples, top with remaining sugar mixture. Cover with top crust which has gashes to allow steam to escape. Bake 450 degrees for 15 minutes, then reduce temperature to 350 degrees for 45 minutes or until apples are done.

Pie Crust:

2 c. flour, 2/3 c. shortening, 1 t. salt, 5 to 6 T. cold water. Combine flour and salt, cut in shortening until mixture resembles fine meal. Add water, use just enough to hold pastry together.

September 18, 1959

FRESH STUFFED TOMATOES

3 slices bacon	1 t. dry powdered basil
1 medium onion, chopped	Salt and pepper
	1/4 t. Accent
1/4 c. chopped green pepper	1/4 pound Cheddar cheese, shredded
2 T. chopped parsley	Paprika
4 medium sized tomatoes	Parsley

Fry bacon until crisp. When cool crumble. Saute onion, green pepper and chopped parsley in bacon fat with the centers scooped out of the tomatoes to leave a firm shell. Season with basil, salt, pepper and Accent. Add crumbled bacon with cheese. Place tomatoes in baking dish, fill with mixture. Dust tops with paprika. Place in oven at 350 degrees for 30 minutes. Garnish with fresh parsley sprig. Serves 4.

OCEAN PERCH WITH CHOPPED ALMONDS

(Bake fish and tomatoes together)

1 1/2 lb. fish fillets	Grated rind 1 lemon
1/4 c. sliced, slivered or chopped almonds	1/2 t. paprika
	1/2 t. salt
3 T. butter	1/8 t. pepper

Arrange fillets, skin side down, in buttered baking dish. Spread top of fish with mixture of butter, lemon, paprika and seasonings. Bake at 350 degrees for 20 minutes. Note: Start tomatoes first because fish bakes quicker. If fish fillets are thick, increase time a little, for example if you use this recipe for haddock fillets or fish steaks such as halibut or salmon.

PEACH CAKE

2 c. flour	1/2 c. shortening
3/4 t. baking powder	1 1/2 c. sugar
1/2 t. soda	2 eggs
3/4 t. salt	1/2 c. chopped nuts
1/2 t. nutmeg	1 c. peaches, fresh or canned, mashed
1/8 t. ginger	
1/2 t. cloves	1/3 c. milk
1/4 t. cinnamon	1/2 t. vanilla

Sift flour, baking powder, soda, salt and spices. Cream shortening and sugar, add eggs and cream well. Combine peaches and milk. Add flour alternately with peach mixture. Add nuts and vanilla. Pour into greased and floured 8 inch square pan. Bake at 350 degrees for 1 hour. Delicious plain or with scrolls of whipped cream.

September 21, 1959

CHINESE BARBECUED POR.

2 - 3 pounds boned pork loin	2 T. soy sauce
1/4 c. sherry or lemon juice	1/4 c. honey
	1 t. salt
	1/2 t. ground ginge

Cut boned pork loin in half lengthwise. Place in shallow baking pan. Rub meat on all sides with mixture of sherry, soy sauce, honey, salt and ginger. Roast uncovered at 325 degrees, turning often and basting. Roast 1 to 1 1/4 hours. Serve with hot cooked rice. Serves 6.

LOVELIGHT CHOCOLATE CHIFFON CAKE

1 3/4 c. cake flour	1 c. buttermilk
1 c. sugar	2 egg yolks
3/4 t. soda	2 squares chocolate, melted
1 t. salt	
1/3 c. salt oil	2 egg whites
	1/2 c. sugar

Sift flour, 1 c. sugar, soda and salt. Add salad oil and 1/2 c. buttermilk and beat for 1 minute. Add remaining 1/2 c. buttermilk, egg yolks and chocolate. Beat 1 minute. Beat egg whites until stiff but not dry, beat in remaining 1/2 c. sugar and beat until mixture forms a very stiff meringue. Fold into first mixture. Pour into greased and floured 13 x 9 inch pan. Bake at 350 degrees for about 45 minutes. Frost as desired. (Chocolate Frosting demonstrated 8/5/59 delicious on this cake.)

BACON-CHEESE SANDWICHES
(Luncheon Specialty)

8 slices bacon	1 T. Trynoski's mustard
1 egg, slightly beaten	4 slices bread, toasted on one side
3/4 c. grated cheese	
1/4 t. paprika	Tomato slices

Broil or fry bacon until crisp. Combine egg, cheese, paprika and mustard. Spread on untoasted side of bread. Place under broiler until cheese melts. Top with 2 strips of bacon on each slice, garnish with tomato slices. 4 servings.

September 22, 1959

CHICKEN BAKED IN CREAM

3 pounds chicken parts or 1 frying chicken	1/2 lb. mushrooms, or 3 oz. can
1/4 c. flour	1 t. minced onion
1 t. salt	1 c. heavy cream
1/3 c. butter	1/4 t. nutmeg

Coat chicken pieces with flour blended with salt and nutmeg. Melt butter in skillet. Brown well. Remove chicken to shallow baking pan. Saute mushrooms for about 5 minutes. Add onion and cream. Pour over chicken, bake at 325 degrees, covered, for about 40 minutes or until chicken is very tender. 4 servings.

FROZEN LEMON MOUSSE

3 egg yolks	3 egg whites
1 T. sugar	1/8 t. salt
2 T. lemon juice	1/2 c. sugar
1 t. grated lemon rind	1 c. heavy cream, whipped

Combine egg yolks, 1 T. sugar, lemon juice and rind in double boiler. Cook, stirring constantly until smooth. Cool. Beat egg whites until stiff with salt and 1/2 c. sugar. Fold into mixture. Fold in whipped cream. Pour into freezing tray and freeze until firm.

SOFT SUGAR COOKIES

1/2 c. shortening	1 t. vanilla
1 c. brown sugar	2 3/4 c. flour
1/2 c. white sugar	1/2 t. soda
2 eggs	1/2 t. salt
1 c. Dairy Sour Cream or undiluted evaporated milk	

Cream shortening and sugars, add eggs. Stir in sour cream or evaporated milk with vanilla. Sift flour, soda and salt and add. Drop dough by spoonfuls onto lightly greased baking sheet, about 2 inches apart. Bake at 375 degrees for about 10 to 12 minutes. Makes 3 1/2 to 4 dozen.

September 23, 1959

SWEDISH MEAT BALLS

1 pound ground beef	1 egg
1/2 pound ground pork	1/2 c. milk
1/2 c. chopped onion	1/4 c. shortening
3/4 c. fine dry bread crumbs	1/4 c. flour
	1 t. paprika
1 T. chopped parsley	1/2 t. salt
1 1/2 t. salt	2 c. boiling water
1/8 t. pepper	3/4 c. sweet or cultured sour cream
1 t. Worcestershire sauce	

Combine meats, onion, bread crumbs, parsley, 1 1/2 t. salt and pepper, Worcestershire sauce, egg and milk. Shape into balls the size of walnuts. Brown in hot shortening. Remove meat, stir in flour, paprika and salt. Stir in water and cream. Cook until thickened. Return meat to gravy; cook 15 minutes. Serves 6.

AIRPLANE CUT-UP CAKE

You'll need a cake 13 x 9 x 2 inches, a batch of white frosting, a can of angel flake coconut, and candies.

TO MAKE AIRPLANE: (Fig. A)

1. Cut a 3 1/2 inch width strip from long side of cake. This is airplane body.
2. Cut a strip about 2 1/4 inches wide from the short side of remaining cake. This makes tail pieces and nose.
3. Cut off a 2 1/4 inch square piece from one end of this strip to use as nose of plane.
4. Cut rest of this strip diagonally in half for the tail pieces.
5. Cut remaining cake diagonally in half to make wing pieces.

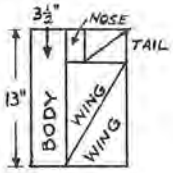

Fig. A

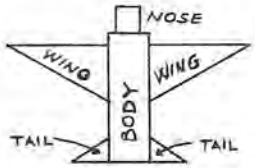

Fig. B

TO ARRANGE PIECES FOR AIRPLANE; (Fig. B)

1. Arrange cake pieces on large plate or tray in airplane shape, following guide above. Special note: One wing and one tail piece will have to be turned upside down as you place them in position.
2. Swirl frosting over joined edges of cake pieces. Cover entire cake.
3. Sprinkle all of coconut generously over cake.
4. Decorate wings and tail pieces with candies to simulate airplane insignia.

September 24, 1959

BEEF GOULASH

1 1/2 lbs. beef chuck	1/4 c. shortening
1/4 c. flour	1 1/2 c. onions, sliced
2 t. salt	1 can (1 lb.) tomatoes
1/4 t. pepper	Cooked noodles or potatoes
1 T. paprika	

Cut meat into 1 inch cubes. Coat beef with flour mixed with salt, pepper, and paprika. Brown on all sides in shortening. Add onion slices and cook about 2 minutes. Add tomatoes, cover and simmer about 1 hour or until meat is tender. Serve on cooked noodles or potatoes. Serves 4 to 5.

DATE AND NUT SPICE CAKE

3/4 c. shortening, part butter	1/2 t. salt
2 c. brown sugar	1 t. nutmeg
3 eggs	1/2 t. cinnamon
3 c. cake flour plus 2 T.	1 c. buttermilk
	1 c. chopped nuts
1 t. baking powder	1 c. dates, cut in small pieces
3/4 t. soda	

Cream shortening and sugar, add eggs and beat well. Sift dry ingredients. Sprinkle about 3 T. of the dry ingredients over combined dates and nuts. Add dry ingredients alternately with buttermilk to first mixture. Stir in dates and nuts. Pour into greased and floured 13 x 9 inch pan. Bake at 350 degrees for 50 to 60 minutes. Cool on cake rack for about 10 minutes. Remove from pan. Frost with Caramel Icing.

CARAMEL ICING

Melt 1/2 c. butter, add 1 c. brown sugar and allow to simmer for 4 or 5 minutes, add 1/4 c. milk and mix well, add 1 1/2 c. sifted confectioners sugar a little at a time, beating constantly for about 2 minutes. Spread on cake. Note: This icing can be used at once or allowed to cool slightly to a thicker spreading consistency.

September 25, 1959

TUNA-NOODLE BAKE

4 oz. Bravo noodles, uncooked	4 oz. American cheese
1 can cream of mushroom soup	2 hard cooked eggs, sliced
	8 stuffed olives, sliced
2/3 c. water	1 can tuna fish
1 T. Trynoski's mustard	Parsley

Cook noodles according to directions on package. Drain. Heat soup and water, stir in mustard and cheese, cooking only until cheese is melted. Reserve a few egg slices and olive slices for garnish. Add rest of egg, olive slices and tuna to noodles in 2 quart casserole. Pour mushroom sauce over noodle mixture and mix together lightly. Bake at 375 degrees for 30 minutes. For serving garnish with reserved egg and olive slices and a little parsley. Serves 4 to 5.

BANANA CORNBREAD

1 package cornbread mix	3 medium bananas, mashed
1/2 c. sugar	1/4 c. lukewarm water
1/4 t. baking powder	1 egg

Combine cornbread mix, sugar and baking powder. Add bananas, water and egg. Beat vigorously for 1 minute. Bake in muffin pans that have been greased or lined with fluted paper liners in hot oven 425 degrees for 15 to 20 minutes. Makes 12 large.

MOLASSES BUTTERBALLS

1 c. butter or margarine	2 c. flour
	1/2 t. salt
1/4 c. molasses	2 c. walnuts, chopped fine

Cream butter; add molasses. Sift flour and salt; stir in nuts. Add flour mixture to first mixture and blend well. Shape into small balls about the size of walnut. Place on ungreased baking sheet. Bake at 350 degrees for 25 minutes or till lightly browned. Roll in confectioners sugar while warm. Makes 3 1/2 to 4 dozen.

WROC - Television
Channel 5

TRUDY McNALL'S
HOME COOKING RECIPES

September 28 - October 9, 1959

Weekdays
2:30 P.M

September 28, 1959

PORK CHOPS WITH ONION SAUCE

6 pork chops, 3/4 inch thick
1 large onion, chopped
1 T. shortening
1 t. flour
Salt and pepper
1 t. Trynoski mustard
1 c. beef stock or canned bouillon
2 T. chopped sweet pickles
Parsley and pimiento (for garnish)

Saute chops until nicely browned. Remove from skillet. Add 1 T. shortening, saute onion until golden in color. Add flour, salt and pepper to taste, and mustard; stir until blended. Add stock and simmer for 5 minutes. Add sweet pickles and more seasoning if necessary, to give well-seasoned sauce. Cover and cook slowly for about 40 minutes, uncover and cook for about 10 minutes or until chops are tender and stock is reduced. Serve on hot platter and garnish with parsley and strips of pimiento.

MEXICAN KISSES (A Candy)

1 c. Genesee Country light cream
1/2 c. light corn syrup
3 c. light brown sugar
1/8 t. salt
1 c. broken pecans
1 t. vanilla

Combine cream and syrup and heat. Add sugar and salt and cook over medium heat, stirring occasionally, until sugar is dissolved. Bring to boiling point without stirring. Boil gently to a soft ball stage (238 degrees F.) (about 5 minutes). Remove from heat, set candy pan into pan of cold water until bottom of pan is cold (about 5 minutes). Add nuts and flavoring and beat until smooth and creamy (about 2 or 3 minutes). Drop from teaspoon onto waxed paper. Yield: 2 dozen kisses (1 1/2 pounds).

GRAHAM CRACKER PIE

1 1/2 c. graham cracker crumbs
1/4 c. sugar
1/3 c. soft butter
2 eggs, separated
2 c. Genesee Country milk
2/3 c. sugar
2 1/2 T. flour
1 t. vanilla
1/4 c. moist coconut

Combine cracker crumbs, sugar and soft butter. Mix well. Press in 8" pie plate to form a shell. Place in refrigerator to chill while preparing custard. Beat egg yolks, add milk. Combine sugar and flour in saucepan. Add milk and egg mixture gradually. Stir until smooth. Cook on medium heat, stirring constantly until mixture thickens. Remove from heat, add vanilla and coconut. Cool slightly before pouring into graham cracker shell. Cover with meringue made with 2 egg whites. Sprinkle with fine graham cracker crumbs. Brown meringue in oven at 325 degrees for 15 to 18 minutes. Chill before serving. Note: To make meringue beat 2 egg whites until stiff, add 1/4 c. sugar and continue beating until sugar is dissolved and mixture stands in very stiff peaks. Yield: 8" pie.

September 29, 1959

ITALIAN SPAGHETTI WITH MEAT BALLS

1 1/2 pounds ground beef
1/2 pound ground pork
1/2 c. bread crumbs
1 clove garlic, crushed
1 egg
1/4 c. grated Parmesan cheese
1 t. salt
1/8 t. pepper
1/3 c. fat

Combine all ingredients except fat. Roll into tiny balls, about 3/4 inch in diameter. Brown in fat. Be careful not to burn.

SAUCE:

4 T. fat
1 medium onion, chopped
1 green pepper, chopped
1 T. chopped parsley
1 No. 2 1/2 can tomatoes
1 6 ounce can tomato paste
1/2 t. salt
1/8 t. pepper
1/8 t. oregano
Parmesan cheese
BRAVO spaghetti

Saute onion and green pepper in the fat. Add parsley, tomatoes, tomato paste and seasonings. Simmer for 2 hours over very low heat. Add the meat balls and simmer for 15 minutes. Cook 1 pound Bravo spaghetti in boiling salted water for 20 minutes. DON'T BREAK UP THE SPAGHETTI -- it should be left long. To cook the spaghetti have a large kettle and plenty of boiling water (for 3 quarts of water use 1 T. salt). When cooking the spaghetti hold all in one hand and put one end of the spaghetti into the water, as it softens coil spaghetti around bottom of pan. Lift gently with a fork from bottom of pan several times during cooking. Serve with sauce and plenty of Parmesan cheese.

Note: To complete meal add crisp bread sticks or Italian bread, a green salad with a tangy dressing, sherbet and cookies for dessert.

OATMEAL DROP COOKIES

3/4 c. shortening
1 c. sugar
2 eggs
2 c. flour
1/2 t. soda
1/2 t. salt
1/2 t. cinnamon
1/4 t. cloves
2/3 c. sour milk or buttermilk
2 c. rolled oats
1/2 c. raisins

Cream shortening and sugar, add eggs and mix well. Add mixed and sifted dry ingredients (except rolled oats) alternately with sour milk. Add rolled oats and raisins. Drop by spoonfuls on lightly greased baking sheet. Bake at 375 degrees for 12 to 15 minutes. Yield: 30 to 36 cookies.

September 30, 1959

MEAT LOAF

(Enough for 8 to 10 folks, but if your family is small remember that cold meat loaf is wonderful for sandwiches, can be rewarmed in gravy for another meal.)

2 pounds ground beef
2 pounds ground pork
2 c. soft bread crumbs
1 c. canned tomatoes
1 c. chopped onion
3 eggs, slightly beaten
2 1/2 t. salt
1/8 t. pepper

Combine all ingredients. Shape into large loaf on a shallow baking pan. Bake at 350 degrees for 1 1/2 hours. Drain off drippings and juices. Add enough beef broth to make 3 cups. Blend 3 T. flour with a little water to make a smooth paste, add to drippings, cook, stirring constantly until thickened. If desired add 1/3 c. crumbled crisp bacon to gravy.

BAKED JULIENNE BEETS

6 medium beets
1/2 c. boiling water
1/2 t. salt
1 T. lemon juice
1 T. butter
Dash pepper

Scrub beets; peel and cut into julienne strips. Put in 1 1/2 quart casserole. Add water and salt. Cover and bake at 350 degrees for 30 to 40 minutes. Note: Makes 4 to 6 servings. To make 8 to 10 servings double all ingredients except water.

DEVILS DELIGHT

2 c. boiling water
1 1/2 c. brown sugar
1 c. flour
2 T. cocoa
2 t. baking powder
1/2 t. salt
1 egg, slightly beaten
1/2 c. milk
1 T. melted butter
1 c. seeded raisins
1/2 c. chopped nuts

Place water and 1 c. of sugar in baking dish. Add remaining sugar to mixed and sifted dry ingredients. Stir in raisins and nuts. Pour batter into water and sugar mixture. DO NOT STIR. Bake at 350 degrees for 34 to 40 minutes. Serve hot or cold. 6 to 8 servings.

October 1, 1959

BAKED CHICKEN WITH MUSHROOMS

1 roasting chicken, 3 1/2 to 4 pounds
Milk
Flour
Salt and pepper
1/2 c. shortening
1/2 pound fresh mushrooms
1 medium onion, sliced thin
1 1/2 c. rich milk or light cream

Cut chicken into serving pieces. Dip in milk, then in seasoned flour. Fry in hot shortening until nicely browned. Put in 1 1/2 quart casserole. Slice mushrooms and saute in shortening for 2 or 3 minutes. Add mushrooms and onion slices to chicken, add milk or cream which has been heated to scalding. Bake at 350 degrees for 1 1/2 to 2 hours or until chicken is tender and sauce is thickened.

MARBL CE (Special Request)

1/2 c. butter
1 c. sugar
2 eggs
1 t. vanilla
2 c. cake flour
3 t. baking powder
1/2 t. salt
2/3 c. milk
2 squares melted chocolate

Cream shortening and sugar, add eggs and cream until light and fluffy. Stir in vanilla. Sift flour, baking powder and salt, add alternately with milk to first mixture. Divide batter in half. Add melted chocolate to 1/2 of batter. Put chocolate and white batter by tablespoons alternately into greased and floured 9 inch square pan. Bake at 350 degrees for about 45 minutes. Let stand 10 minutes on rack. Turn out on rack to cool. Frost.

FLUFFY FROSTING

1 c. granulated sugar
1/2 c. boiling water
3 egg whites
1 c. confectioners sugar
1 t. vanilla
2 squares chocolate (optional)

Boil sugar and water to 238 degrees. Whip egg whites, adding gradually 1/3 c. of the confectioners sugar. Add syrup gradually, beating constantly. Beat until mixture is thick and creamy, add remaining 2/3 c. confectioners sugar. Add vanilla. Frost cake. Pour melted chocolate in strips across cake. Draw a toothpick through frosting at intervals to give a feather effect. Note: This frosting can be kept in covered container in refrigerator for several days. Before using add a little hot water to make a spreadable consistency.

October 2, 1959

FROSTED PECAN-FRUIT ROLL

4 1/2 c. cake flour
3 T. sugar
1 t. salt
1 c. shortening
1 pkg. or cake yeast
1/2 c. warm water
1 c. milk, scalded and cooled to lukewarm
3 egg yolks, beaten
1 c. golden seedless raisins
1 c. coarsely chopped pecans
1 c. chopped pitted dates
1 c. brown sugar
1 t. cinnamon
1 c. fruit preserves
3 egg whites

(OVER)

Frosted Pecan-Fruit Roll (Cont.)

Sift flour, sugar and salt into large bo l, cut in shortening using a pastry blender. Sprinkle yeast into warm water, stir until dissolved. Add milk and egg yolks. Blend into the flour and shortening mixture, beating well. Add a little more cake flour if necessary to make a soft, sticky dough. Brush the dough lightly with soft shortening. Cover bowl and refrigerate overnight. Turn out on a lightly floured board. Knead lightly until smooth enough to roll. Divide into four equal pieces. Roll out each into a very thin rectangle 18 x 11 inches. Combine raisins, pecans, dates, brown sugar, cinnamon and fruit preserves. Spread each rectangle with one-fourth the egg whites (beaten until stiff but not dry), then sprinkle with one-fourth the fruit mixture. Roll up as for a jelly roll, 11 inches long. Pinch the seam together. Place the rolls, seam side down on lightly greased cookie sheet. Let rise for 45 minutes. Bake at 400 degrees for 30 to 35 minutes, or until the tops are firm when tapped. Cool slightly. Frost with the following Butter Cream Frosting: Blend 1/4 c. butter with 2 c. confectioners sugar, 1 t. of vanilla and enough milk or cream to make of spreadable consistency (about 1/3 c.). Spread warm or cold. Makes about 30 slices.

October 5, 1959

POTATO DOUGHNUTS
(Airy, light and luscious)

1 c. mashed unseasoned potatoes
3 eggs
3/4 c. sugar
3 T. soft shortening
2 3/4 c. flour
4 t. baking powder
1 t. salt
1/4 t. nutmeg
1 t. mace
Fat for frying

Prepare potatoes using Betty Crocker Instant Mashed Potato Mix package for 2 servings (1 c.) except omit salt. Beat eggs well, stir in sugar and shortening. Sift dry ingredients and add. Stir in potatoes. Chill dough 2 hours or longer. Turn onto floured surface, roll 1/3" thick. Let rest 20 minutes. Cut with doughnut cutter. Fry in hot fat 370-380 degrees until brown. Drain on absorbent paper. Serve plain or sugared. Makes 3 dozen 2 1/2" doughnuts.

CHEESE-BACON SPECIAL
(A Luncheon Favorite)

2 eggs, well beaten
2 c. grated American cheese
1/2 t. salt
1/8 t. pepper
1/2 t. paprika
1/2 t. Worcestershire sauce
1 t. lemon juice
Dash garlic salt
Dash celery salt
6 strips bacon
6 hamburger buns
3 T. mayonnaise

Combine eggs, cheese, salt, pepper, paprika, Worcestershire sauce, lemon juice, garlic salt and celery salt. Cut bacon strips in half and cook slowly until slightly browned. Split buns, butter and place buttered side down in a hot skillet until brown. Turn browned side up, spread egg and cheese mixture on half of each bun. Spread the other half with mayonnaise and top with 2 bacon strips. Place under broiler until bacon is crisp and cheese is melted. Serve at once.

October 6, 1959

HAMBURGERS IN TOMATO SAUCE

1 pound ground beef
3/4 t. salt
1/8 t. pepper
1/4 c. cream

Combine all ingredients. Mix well and form into 4 patties. Broil or pan broil until nicely browned on both sides, about 3 to 4 minutes. Add tomato sauce to patties and simmer 20 minutes.

TOMATO SAUCE:

3 T. salad oil
1 T. Worcestershire sauce
1 T. prepared meat sauce
1 T. vinegar
1 t. sugar
1/2 c. ketchup
1 1/2 c. water
Few drops Tabasco sauce
1 clove garlic, minced
1 T. chopped onion

Combine all ingredients. Simmer 30 minutes.

PEAS A LA FRANCAISE
(Peas with a French flavor!)

1--12 oz. pkg. frozen peas
Outside leaves head lettuce
1/3 c. small pickling onions
1 T. sugar
3 T. butter
1/4 c. water
Salt and pepper

Put peas in heavy saucepan with tight fitting cover. Add lettuce, onions, sugar, butter and water. Season with salt and pepper. Cover tightly and cook for 15 minutes. Remove cover and cook until liquid is evaporated. Remove the lettuce.

HARVEST APPLE DUMPLINGS

1 c. granulated sugar
1 c. brown sugar
1/4 c. butter
2 c. boiling water
2 c. flour
3 t. baking powder
1/2 t. salt
2 T. sugar
1/4 c. shortening
2/3 c. milk
2 T. butter
6 to 8 apples, pared and chopped
3/4 c. sugar
1 t. cinnamon

Combine the 1 c. granulated sugar, 1 c. brown sugar, 1/4 c. butter and 2 c. boiling water. Bring to a boil and boil 5 minutes. Sift flour, baking powder, salt and the 2 T. sugar together. Cut in shortening, add milk to make a soft dough. Turn out on lightly floured surface and knead gently for 30 times. Roll into rectangle about 1/4 inch thick, cut into 5 inch squares; brush each square with butter. Mix cinnamon and sugar together. Place about 1/4 c. chopped apples in center of each square, sprinkle with 1 T. cinnamon and sugar mixture. Enclose apples with dough, sealing tightly. Pour syrup into baking pan 13 x 9 1/2 x 2". Drop dumplings 1 inch apart, sealed side down, into the syrup and bake at 400 degrees for 25 minutes. The top will rise out of the syrup and brown. Serve with whipped cream, ice cream or plain cream.

October 7, 1959

COCOA BROWNIES
(For those who like a mild chocolate flavor and a less sweet brownie.)

1 c. shortening
1 1/4 c. sugar
2 eggs, beaten
1 c. flour
1/2 c. cocoa
3/4 t. baking powder
1 t. salt
3 T. corn syrup
1 t. vanilla
1 c. chopped nuts

Melt shortening, add sugar and mix well. Stir in beaten eggs. Sift flour, cocoa, baking powder and salt. Add to sugar mixture. Add remaining ingredients. Turn into greased and floured 9 inch square pan. Bake at 325 degrees for about 35 minutes. Cut into squares while warm. Yield: 1 1/2 dozen.

BOOFERS (Pa. Dutch Potato Fritters)

2 c. grated raw potatoes
1 medium onion, grated
1 egg, beaten
1/4 t. salt
Dash pepper
1 T. chopped parsley
1/2 t. baking powder
1/4 c. flour

Place potatoes in strainer to drain off liquid. Add remaining ingredients. Drop by spoonfuls into deep fat (375 degrees). Fry 5 to 6 minutes or until brown. Drain on absorbent paper. Serve with Dutch Steak.

DUTCH STEAK

1/2 c. shortening
2 onions, sliced thin
2 pounds round or chuck steak
1 t. salt
Dash pepper
1 clove garlic, minced (optional)
1/2 pound fresh mushrooms, sliced
1 green pepper, sliced thin
1--8 ounce can tomato sauce
1 c. water

Saute onions in shortening until golden brown, remove from fat. Brown steak in fat, season with salt and pepper. Add mashed garlic, mushrooms, green pepper, tomato sauce and onions. Cook 15 minutes. Add water. Cover and simmer for 1 1/2 hours or until meat is tender and sauce is thickened.

October 8, 1959

VEAL STEAK PAPRIKA

1 medium onion, chopped
2 T. shortening
1 1/2 pounds veal steak
1/4 c. flour
Salt and pepper
Paprika
1/2 c. sour cream
2 T. milk
1/2 c. water

Saute onion in shortening until lightly browned, remove from skillet. Coat veal with 3 T. of the flour, brown well in hot shortening. When browned sprinkle each side with salt, pepper and paprika. Scatter onions over steak. Combine sour cream and milk; pour over steak. Cover and cook slowly for 1 hour or till tender. Remove to serving platter, garnish meat with the onions. To make gravy combine remaining 1 T. flour with the water, add to mixture in skillet, cook stirring constantly until thickened. Serve with buttered cauliflower.

PUMPKIN PIE
(This one's different. . .try it and see)

2 c. canned pumpkin
1 c. rich milk
3 egg yolks
3/4 c. sugar
1/2 t. salt
1 t. cinnamon
1/2 t. ginger
1/4 t. nutmeg
3 egg whites
1--9 inch unbaked pastry shell
1 c. heavy cream
1/3 c. chopped nuts

Combine pumpkin and milk, beat egg yolks until light, blend into pumpkin mixture. Combine sugar, salt and spices, add to pumpkin mixture. Beat egg whites to soft peak stage and fold in. Turn into pie shell. Bake at 450 degrees 10 minutes, then reduce temperature to 325 degrees and bake 45 to 50 minutes or till done. Cool. Top with whipped cream and nuts.

October 9, 1959

SCALLOPS NEWBURG

1 pint scallops
2 T. butter
1 t. lemon juice
1 T. butter
2 t. flour
1/4 t. salt
1/8 t. paprika
3/4 c. rich milk or light cream
2 egg yolks, well beaten
1/2 c. buttered bread crumbs

Cook scallops in salted water for 3 to 5 minutes. Drain and dry. If scallops are large, cut into smaller pieces. Put the 2 T. butter in skillet, add scallops, heat for 3 minutes, add lemon juice. Melt the 1 T. butter, add flour and stir till blended. Add salt and paprika. Add cream, stirring constantly until mixture thickens. Remove from heat, add slowly to beaten egg yolks, add scallops. Turn mixture into buttered 1 1/2 quart casserole, sprinkle with buttered crumbs. Bake at 425 degrees for 10 minutes. Serves 3 to 4.

BUTTERSCOTCH REFRIGERATOR COOKIES

1 c. brown sugar
1/2 c. butter
1 egg
1/2 t. vanilla
2 c. flour
1/2 t. cream of tartar
1/2 t. soda
1/2 c. finely chopped nuts

Cream butter and sugar, add egg and vanilla. Add sifted dry ingredients. Stir in nuts. Form into rolls. Wrap well in waxed paper. Store in refrigerator. Cut in thin slices, place on ungreased cookie sheet. Bake at 375 degrees 10 to 12 minutes. Makes 2 dozen.

TRUDY MC NALL'S

Rochester's FIRST Station
WROC-TV
A TRANSCONTINENT STATION
ROCHESTER 3, N. Y.

9:30 A.M.

HOW TO PRESERVE CHERRIES. . . .SPECIAL CHERRY DESSERTS

1. FREEZING CHERRIES (Sweet or Sour)

a. Suitable containers: Waxed boxes with cellophane bags or liners, plastic bags available in 1 pt., 1 qt., and 1 1/2 qt. sizes, plastic cartons (transparent square plastic cartons with tight fitting lid). Vap-o-cans (square cartons made of specially waxed cardboard). Have tight fitting plastic covers. Glass jars.

b. Preparation: Sort fruit, wash, chill, pit. (FROZEN CHERRIES purchased in 20 to 30 pound cans from a commercial packer should stand at room temperature just long enough to separate cherries. If packed with sugar, stir to distribute sugar throughout cherries. Package in pint or quart containers.) Mix 1 pound of sugar with 5 to 6 pounds of fruit. Package, label and freeze.

Note: All kinds of berries including blueberries and raspberries can be packed the same way. Cherries and berries purchased from a commercial packer (in season) may be bought fresh or frozen in any quantity with or without sugar.

2. CANNING CHERRIES (Sweet or Sour)

a. Wash, stem and pit if desired. Pack into clean, hot jars and add boiling syrup. Sour cherries may be canned in their own juice or in boiling water for pies. Process in boiling water bath (pints and quarts) for 20 minutes.

b. To make a thin syrup combine 4 c. sugar and 8 c. water. Bring to a boil. Note: Leftover syrup may be kept in covered jar in refrigerator for 1 week. Bring to a boil before using.

The time for freezing and canning cherries is about July 20th. The place to go for cherries is BOEKHOUT FARM INC. They are located 1 mile east of the village of Ontario on old Ridge 104. You can purchase fresh and frozen sweet and sour cherries all ready for the freezer in any quantity you wish. The sorting, washing, chilling and pitting is all done and all you have to do is to freeze or can according to instructions above.

Canning Cherries (Cont.)

Cherries may be purchased with or without sugar. Stock up your freezer now.

BOEKHOUT FARMS also have blueberries, strawberries, rhubarb, purple raspberries and apples. Ask about them.

CHAMPION CHERRY PIE
(using frozen cherries)

3 c. frozen cherries	1 T. butter
2/3 c. cherry juice	Pinch salt
2 T. plus 1 t. cornstarch	1/8 t. almond extract
2/3 c. sugar	Red coloring

Drain thawed cherries well. Combine cornstarch and cherry juice. Cook stirring constantly until thick and smooth. Add sugar and continue to cook for about 2 minutes. Remove from heat, stir in butter and red coloring (just enough to enhance color of cherries). Pour over cherries. Place in 9 inch pie shell. Make a lattice top and bake at 450 degrees for 15 minutes then reduce temperature to 375 degrees for 35 minutes.

Pie Crust:

2 c. flour	2/3 c. shortening
1 t. salt	7 to 8 T. water

Sift flour and salt. Cut in shortening until mixture resembles fine meal and some of the pieces of fat are the size of peas. Add just enough water to hold pie crust together.

CANNED CHERRY PIE

3 c. cherries	1 c. cherry juice
1 c. sugar	1 T. butter
3 T. cornstarch or 3 T. granulated tapioca	

Drain fruit, reserve juice. Combine sugar and cornstarch; add fruit juice and cook till thickened. Add fruit and butter. Pour into 9 inch pie shell and cover with top crust either lattice or solid top. Be sure to cut plenty of vents in top crust if using solid top. Bake at 450 degrees for 15 minutes, then reduce temperature and bake at 375 degrees for 35 minutes.

Canned Cherry Pie (Cont.)

Note: If using tapioca no cooking is necessary, just combine all ingredients and pour into unbaked pie shell.

FRESH CHERRY PIE

4 c. fresh cherries	3 T. cornstarch, tapioca, or flour
1 c. sugar	
1 T. butter	

Combine sugar and cornstarch or other thickener. Add to fruit. Pour into pastry lined 9 inch pie pan. Bake at 450 degrees for 15 minutes, then reduce temperature and bake at 375 degrees for 35 to 40 minutes or till done.

HOW TO FREEZE A CHERRY PIE

Prepare as usual, making a solid top. Do not cut vent in crust. Wrap in aluminum foil, cellophane, parchment paper or pliofilm. Seal, label and freeze. Storage: 6 months. Unwrap, cut vent in top crust and bake at 400 degrees for 45 to 50 minutes or until done.

CHERRY UPSIDE DOWN CAKE

1/4 c. sugar	1 3/4 c. flour
2 1/2 T. cornstarch	2 t. baking powder
2 1/2 c. sweetened canned or frozen sour cherries	1/4 t. soda
	1/2 t. salt
	1/2 c. orange juice
1/3 c. shortening	1/4 c. milk
1/2 c. sugar	1/2 c. all bran
1 egg	2/3 c. cherry juice
1 t. grated orange rind	

Combine sugar and cornstarch. Add to hot cherry juice and cook until thick, stirring constantly. Add cherries and pour into greased 8 x 8 x 2 inch pan. Cream shortening and sugar, add egg, orange rind and cream well. Sift flour, baking powder, soda and salt. Add alternately with orange juice and milk to first mixture. Add bran. Spread batter over cherries. Bake at 350 degrees for 40 to 50 minutes. Let stand 10 minutes. Invert on serving plate. Serve warm.

TRUDY MC NALL'S

Rochester's FIRST Station

WROC-TV

A TRANSCONTINENT STATION

ROCHESTER 3, N. Y.

9:30 A.M.

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Butter Tarts . . . . . May 12
Caramel Bread Puddings. . . . . Jan. 8
Cherry Custard Shortbread . . . . . Mar. 30
Cherry Nut Angel Food Cake . . . . . June 23
Cherry Upside Down Cake . . . . . Mar. 9
Chocolate Boston Cream Pie . . . . . Apr. 19
Cream Puffs . . . . . Feb. 22
Coffee Marlow. . . . . Jan. 20
Date-Apple Torte. . . . . Jan. 7
Date-Nut Dessert. . . . . Jan. 25
Dobosh Torte. . . . . Apr. 13
Easter Angel Food Custard Dessert. . . Apr. 6
Easter Jelly Roll . . . . . Apr. 8
Elegant Cheese Cake. . . . . Apr. 21
Family-Size Cheese Cake . . . . . Feb. 29
Fruit Cocktail Pudding Cake. . . . . Jan. 14

DESSERTS (Cont.)

Graham Cracker Torte . . . . . Jan. 21
Graham Cracker Torte . . . . . Apr. 1
Graham Cracker Torte . . . . . Apr. 15
Hawaiian Gingerbread. . . . . Mar. 2
Holiday Meringues . . . . . Jan. 1
Jellied Chocolate Pudding with Marshmallow Mint Sauce . . . . . Apr. 7
Lemon Coconut Pudding. . . . . Jan. 15
Lemon Crackle . . . . . June 16
Lemon Pudding . . . . . Feb. 29
Lincoln Log. . . . . Feb. 12
Martha Washington Pie . . . . . Feb. 19
Molly's Lemon Ice Cream . . . . . May 25
Old Fashioned Bread Pudding with Lemon Sauce . . . . . May 4
Party Roll. . . . . June 10
Pineapple-Cheese Dessert Pizza. . . . . May 26
Pineapple Mallow . . . . . Feb. 18
Pineapple Mallow . . . . . Apr. 28
Raspberry Jelly Roll. . . . . Mar. 21
Special Lemon Party Cake. . . . . Mar. 1
Sponge Torte . . . . . June 14
Strawberry Bavarian Cream. . . . . May 11
Strawberry Floating Island. . . . . June 13
Strawberry Meringue Torte . . . . . June 1

FISH

Baked Stuffed Fish . . . . . Apr. 15
Broiled Fillet of Haddock Piquant . . . . May 27
Broiled Fish Steaks . . . . . June 17
Broiled Lobster Tails . . . . . Mar. 18
Broiled Lobster Tails (A New Way). . . . . May 6
Crabmeat Imperial. . . . . Apr. 6
Crunchy Fried Butterfly Shrimp . . . . . Mar. 25
Easy Baked Fish Au Gratin . . . . . Apr. 1
Fish Baked in Sour Cream. . . . . Apr. 8
Halibut with Almonds . . . . . Apr. 29
How to Prepare Lobster Meat. . . . . Feb. 26
Fillets Thermidor . . . . . Mar. 11
Fish Baked in Sour Cream. . . . . June 3
Fresh Salmon Steaks Hollandaise . . . . Apr. 13
Lobster Newberg . . . . . Feb. 26
Oven Fried Fish. . . . . Feb. 19
Oven Fried Fish. . . . . Mar. 4
Salmon and Lima Bean Casserole . . . . Jan. 15
Salmon Lasagne. . . . . May 13
Salmon Parmigiana. . . . . Jan. 8
Scallops Supreme . . . . . Feb. 5
Shrimp Thermidor . . . . . Apr. 22
Super Shrimp Casserole . . . . . Apr. 12
Tuna Surprise . . . . . Jan. 22

FROSTINGS AND FILLINGS

Bittersweet Chocolate Frosting. . . . . June 6
Cherry Frosting. . . . . Feb. 23
Chocolate Frosting. . . . . Mar. 25
Chocolate Frosting. . . . . Feb. 2
Chocolate Frosting. . . . . June 29
Coconut Topping. . . . . Feb. 25
Colonade Frosting . . . . . May 25
Creamy Custard Filling. . . . . Feb. 22
Creamy Soft Frosting . . . . . Jan. 22
Date Cream Filling. . . . . Feb. 16
Fluffy Chocolate Icing. . . . . Jan. 4
Fudge Frosting . . . . . Feb. 16
Lemon Custard Filling . . . . . Jan. 27
Maple Butter Frosting. . . . . Apr. 18
Quick Caramel Icing. . . . . May 5
Raspberry Topping. . . . . Feb. 19
Soft Creamy Frosting . . . . . Mar. 31

JAMS AND JELLIES

Strawberry Jam . . . . . June 1

MEATS

Apple Glazed Ham . . . . . Mar. 3
Applesauce Meat Balls . . . . . Mar. 2
Baked Bacon . . . . . Feb. 4
Baked Barbecued Hamburgers Deluxe . May 17
Baked Cooked Ham. . . . . Feb. 4
Baked Glazed Ham . . . . . May 12
Baked Lamb and Rice . . . . . Feb. 2
Baked Pork Chops . . . . . Jan. 4
Baked Pork Chops and Brown Rice . . . May 16
Baked Stuffed Pork Chops . . . . . Feb. 15
Barbecued Frankfurters . . . . . June 28
Barbecued Fresh Ham. . . . . June 23
Barbecued Pork Chops . . . . . May 5
Beefburger Specials . . . . . Jan. 26
Broiled Deviled Lamb Chops . . . . . June 22
Broiled Liver A La Creole. . . . . May 2
Busy-Day Spaghetti and Meat Balls . . . Feb. 16
Buttermilk Braised Pork Chops . . . . . Feb. 23
Cheese Meat Loaf. . . . . Feb. 24
Cheese Stuffed Hamburger Roll. . . . . Feb. 18
Corned Beef . . . . . Mar. 17
Delicious Barbecued Stew
on Noodles . . . . . Apr. 21
Delicious Ham Loaf . . . . . Jan. 18
Delicious Meat Loaf . . . . . May 4
Double Surprise Cheese Burgers. . . . . Apr. 19
Easy Stuffed Pork Chops . . . . . Mar. 21
Garden Meat Loaf. . . . . June 29
Glazed Baked Ham . . . . . Apr. 14
Gourmet Cube Steaks . . . . . June 15
Ham and Yam Broiler Meal . . . . . Jan. 25
Hidden Treasure Meat Patties . . . . . Mar. 8
Italian Style Round Steak . . . . . June 9
Italian Veal Chops . . . . . Mar. 16
Lamb and Noodle Dinner . . . . . May 23
Lamb Chop Dinner . . . . . June 2
Liver and Bacon (A New Way). . . . . Mar. 1
Meat Loaf . . . . . Jan. 29
Monday's Meat Loaf . . . . . June 13
Minute Steak Rolls . . . . . May 9
Mushroom Meat Balls. . . . . Mar. 29
Normandy Pork Chops. . . . . Feb. 3
Onion Steak. . . . . Feb. 25
Patio Pork Chop Casserole . . . . . June 20
Pepper Steak. . . . . Apr. 20
Pineapple Ham Loaf . . . . . June 8
Pizza Minute Steaks . . . . . Feb. 10
Pork Birds . . . . . Feb. 9
Pork Chop Casserole . . . . . June 2
Pork Chop Loaf . . . . . Mar. 10
Pork for Your Platter. . . . . Feb. 29
Pork Loin Roast. . . . . May 5
Pot Roast of Beef. . . . . Mar. 17
Round Steak and Rice Casserole . . . . . Jan. 13
Salisbury Steak Deluxe . . . . . Jan. 5
Savory Tomato Pot Roast of Beef . . . . Feb. 18
Scalloped Potato Pork Chop Bake . . . . Jan. 28
Silver-Plated Pot Roast. . . . . June 16
Skillet Pork Chops Hawaiian. . . . . June 10

MEATS (Cont.)

Smothered Steak. . . . . June 21
Spanish Hamburgers . . . . . May 30
Snow Capped Lamb Chops . . . . . Jan. 12
Standing Ribs of Beef . . . . . May 19
Stroganoff Beefburgers . . . . . June 6
Stuffed Pork Chops Gourmet. . . . . Jan. 11
Stuffed Flank Steak. . . . . Jan. 7
Stuffed Round Steak. . . . . Mar. 24
Stuffed Round Steak. . . . . Apr. 28
Super Swiss Steak. . . . . Jan. 21
Swiss Chuck Steak . . . . . June 27
Swiss Style Cube Steaks. . . . . May 25
Twin Meat Loaves . . . . . Feb. 8
Veal and Pork Ring. . . . . Mar. 30
Veal Cutlet with Tomato Sauce . . . . . Apr. 25
Yummy Balls. . . . . Jan. 20
Zippy Lamb Shanks. . . . . May 10

MEAT SUBSTITUTES

Boston Baked Beans . . . . . Mar. 22
Creamy Tomato Rarebit . . . . . Mar. 23
Mushroom Cheese Fondue . . . . . Mar. 28
Peanut Loaf. . . . . June 6
Springtime Omelet . . . . . Apr. 4
Welsh Rabbit. . . . . Mar. 15

PIES

Brownie Alaska Pies. . . . . May 6
Cherry Pie . . . . . Feb. 17
Creamy Chocolate Pie with
Graham Cracker Crust. . . . . Jan. 26
Deep Dish Rhubarb Pie with
Lemon Sauce . . . . . Apr. 25
Dutch Apple Pie. . . . . Jan. 5
Coconut Cream Pie. . . . . Feb. 28
Easy-Do Semi-Sweet Chocolate Pie . . . Mar. 24
Favorite Strawberry Tarts. . . . . May 23
Lemon Cake Pie. . . . . Jan. 11
Lemonade Chiffon Pie. . . . . Feb. 15
Lemon Butter Cream Pie. . . . . Mar. 4
Maple Chiffon Pie. . . . . May 17
Mocha Pie. . . . . Feb. 3
Mystery Pie . . . . . June 2
Special Lemon Meringue Pie . . . . . Mar. 11
Special Tru-Mix Apple Crumb Pie. . . . Apr. 20
Strawberry Ice Cream Pie. . . . . May 27
Strawberry Meringue Pie. . . . . June 3
Strawberry Rhubarb Crumb Pie . . . . . May 2
Toasted Almond Cream Pie . . . . . May 9
Twin Flavor Ice Cream Pie . . . . . June 22

POULTRY

Baked Chicken Monte Carlo . . . . . May 11
Baked Chicken with Mushrooms . . . . . June 24
Barbecued Chicken. . . . . Feb. 11
Boneless Golden Fried Chicken
with Supreme Sauce. . . . . May 18
Chicken A La Italian. . . . . Feb. 1
Chicken Paprika. . . . . Jan. 6
Chicken Parmesan . . . . . Jan. 19
City Chicken . . . . . Feb. 17
Crispy Chicken-in-the-Basket . . . . . Feb. 22
Easy Chicken Corn Casserole. . . . . Jan. 14
Fried Chicken Superb . . . . . Mar. 7
Individual Chicken Pies. . . . . Apr. 27
Marie's Oven Crisp Chicken. . . . . Apr. 18
Mushroom Stuffed Broilers . . . . . Apr. 11
Oven Baked Chicken and Biscuits . . . . Mar. 31
Oven Fried Chicken Parmesan . . . . . May 31
Party Chicken Pie . . . . . Jan. 27
Perfect Fried Chicken. . . . . May 26
Pimiento Chicken Skillet . . . . . June 30
Pollo Con Arroz. . . . . June 7
Roast Beltsville Turkey. . . . . Apr. 7
Roast Turkey. . . . . June 23
Rock Cornish Game Hens. . . . . May 3
Southern Pan-Fried Chicken. . . . . June 14

PUDDINGS

Caramel Bread Pudding. . . . . Jan. 8
Creamy Rice Pudding . . . . . Feb. 8
Lemon Coconut Pudding. . . . . Jan. 15
Lemon Pudding . . . . . Feb. 29
Old Fashioned Bread Pudding
with Lemon Sauce . . . . . May 4
Orange Coconut Pudding . . . . . June 7
Yorkshire Pudding . . . . . May 19

SALADS

Apple Salad Suggestion . . . . . Feb. 11
Apple Slaw . . . . . Jan. 21
Florida Salad. . . . . June 15
Fresh Pineapple Salad. . . . . June 27
Molded Applesauce Salad. . . . . Mar. 7
Mother's Sewing Club Salad . . . . . May 18
Potato Salad . . . . . June 16
Ruby Apple Jellied Loaf . . . . . Mar. 21

SALAD DRESSING

Delicious French Dressing. . . . . Jan. 27
Frozen Blue Cheese Dressing. . . . . Apr. 29

SAUCES

Barbecue Sauce . . . . . Feb. 22
Lemon Sauce. . . . . Apr. 25
Mustard Sauce. . . . . Jan. 18
Special Chocolate Sauce. . . . . May 6
Supreme Sauce. . . . . May 18

SOUPS

Manhattan Clam Chowder. . . . . Feb. 14

STUFFINGS

Mushroom Stuffing . . . . . Apr. 11
Sausage Stuffing. . . . . Apr. 7

VEGETABLES

Baked Kentucky Succotash . . . . . Jan. 7
Bake Potatoes and a Vegetable
with the Ham . . . . . Feb. 4
Broiled Parsley Tomatoes. . . . . Apr. 19
How to Cook Fresh Broccoli. . . . . Jan. 28
Broiled Mushrooms with Cheese. . . . . Jan. 26
Butter-Browned Potato Halves . . . . . Feb. 8
Buttered Asparagus Spears . . . . . Jan. 12
Buttered Bean Duet. . . . . Jan. 4
Carrot-Stick Casserole. . . . . Feb. 8
Easy French Fried Potatoes. . . . . Mar. 18
Fluffy Potato Cups . . . . . June 13
French Fried Onions. . . . . Mar. 16
French Peas . . . . . Jan. 6
Glazed Paprika Onions . . . . . Mar. 2
Glazed Sweet Potatoes. . . . . June 14
Match-Stick Potatoes . . . . . Mar. 10
Mushroom Potato Cakes . . . . . June 15
Oven Creamed Potatoes. . . . . June 29
Oven Browned Potatoes for 4 . . . . . Apr. 18
Oven Steamed Carrots. . . . . Feb. 29
Parsley Rice. . . . . Mar. 9
Perfect Hashed Browned Potatoes. . . . Feb. 24
Potatoes Au Gratin. . . . . Feb. 11
Quick Scalloped Potatoes. . . . . May 4
Raw Fried Potatoes . . . . . Apr. 25
Rice Cakes . . . . . May 2
Scalloped Potatoes . . . . . Feb. 15
Scalloped Potato Pork Chop Bake . . . . Jan. 28
Sugar-Sweet Carrots. . . . . Jan. 11
Yellow Jacket Potatoes . . . . . June 22

MISCELLANEOUS

Baked Pineapple. . . . . May 12
Easter Egg Dyeing and Decoration. . . . Apr. 5
Basket Eggs . . . . . Apr. 5
Chick'n'egg. . . . . Apr. 5
Hard Cooked Eggs . . . . . Apr. 5
Pork Gravy. . . . . May 5

WROC - Television
Channel 5

TRUDY McNALL'S
HOME COOKING RECIPES

May 2 - 13, 1960

Weekdays
9:30 A.M.

WATCH TRUDY AT HER NEW TIME EVERY WEEKDAY STARTING MONDAY, MAY 9.

May 2, 1960

BROILED LIVER A LA CREOLE

1 lb. calves or baby beef liver, cut 1/2 inch thick	1/4 c. water
1--6 ounce can tomato paste	1 small onion, sliced
	1 1/2 t. salt
	Dash pepper
	1 t. basil
	2 T. sugar

Place liver on broiler rack and brush with melted butter. Broil 3 inches from heat for 5 minutes, turn, brush again with butter and broil for 3 minutes. Combine remaining ingredients. Simmer for 20 minutes, stirring occasionally. Spoon sauce over liver. 4 servings.

RICE CAKES

3/4 c. rice (regular)	Melted butter
3/4 t. salt	Salt and pepper
1 1/2 c. water	Paprika and parsley

Wash rice, place in saucepan, season with salt and pepper. Add water. Cover and bring to a boil. Switch to low and cook for 25 minutes. As soon as rice steams, allow cover to remain ajar for about 5 minutes to keep rice from boiling over. Spread rice about 1 inch thick in shallow pan; press down well and cut into rounds about 2 1/2 inches in diameter with a cookie cutter. Place rounds on aluminum foil on broiler pan. Brush with butter, sprinkle with paprika. Broil with liver 5 minutes on one side, brush other side with butter, broil 3 minutes. Sprinkle with paprika and parsley before serving.

STRAWBERRY RHUBARB CRUMB PIE

1 quart fresh strawberries	2 T. lemon juice
2 c. diced rhubarb	2 T. butter
2 c. sugar	2 T. brown sugar
1/2 c. flour	1/4 t. cinnamon
10 inch unbaked pie shell	1/2 c. flour

Wash berries, hull and drain. Combine in bowl with rhubarb, sugar and 1/2 c. flour. Mix lightly. Let stand 30 minutes. Place mixture in unbaked pie shell. Sprinkle with lemon juice. Combine butter, brown sugar, cinnamon and other 1/2 c. flour. Mix to a crumb and sprinkle over fruit. Bake at 425 degrees for 1 hour.

Note: To complete dinner add a green vegetable, crisp green salad, rolls, butter and beverage.

May 3, 1960

ROCK CORNISH GAME HENS (Request)

4--1 pound ready-to-cook Rock Cornish Game Hens	1/3 c. butter
	1/4 c. canned consomme
	2 T. light corn syrup
Salt and pepper	

Season hens inside and out with salt and pepper. Stuff each with stuffing if desired. Place, breast side up, in shallow pan, brush well with butter. Roast uncovered at 400 degrees for 50 to 60 minutes or till tender. During last 15 minutes baste with combined consomme and light corn syrup. Note: For a delicious dressing use the Sausage Stuffing recipe under 4/7/60. Just right for 4 birds.

COOKIE OF THE WEEK. . .

RAISIN DROP COOKIES
(Thick, soft, and yummy)

2 c. seeded raisins	4 c. flour
1 c. water	1 t. baking soda
1 c. shortening	1 t. baking powder
2 c. sugar	1 t. salt
3 eggs	1 1/2 t. cinnamon
1 t. vanilla	1/4 t. nutmeg
1 c. chopped nuts	1/4 t. allspice

Combine raisins and water and cook for 5 minutes, cool. Cream shortening and sugar, add eggs and cream well. Add vanilla and raisin mixture. Combine flour, baking soda and powder and spices, add to creamed mixture with nuts. Drop by spoonfuls onto lightly greased baking sheet. Bake at 375 degrees for about 18 to 20 minutes. Yield: 5 dozen.

May 4, 1960

DELICIOUS MEAT LOAF

1 1/2 pounds ground beef	2 eggs
	1 pound ground pork
3 T. milk	2 t. salt
1/2 c. soft bread crumbs	1/2 t. poultry seasoning or sage
2 T. chopped onion	
4 slices bacon	

Combine all ingredients except bacon. Shape with hands into long loaf and place on rack in shallow pan. Place slices of bacon on top and fasten with wooden pins. Bake at 350 degrees for 1 1/2 hours or till done. Baste every half hour with tomato juice if desired.

QUICK SCALLOPED POTATOES

A new product on the market called Oven Ready Scalloped Potatoes. Prepare as directed on package but bake at 350 degrees with meat loaf for 1 1/2 hours.

OLD FASHIONED BREAD PUDDING WITH LEMON SAUCE

4 c. stale (not dry) bread cubes	3 c. warm milk
	3 eggs
2 T. melted butter	1 t. vanilla
1/2 c. sugar	Cinnamon and nutmeg
1/2 c. scalded seedless raisins	

Cut bread in 1 inch cubes, leaving crusts on. Place in bowl, add eggs to milk and blend. Add sugar, raisins, butter and a pinch of cinnamon and nutmeg. Blend. Pour over bread and let soak for about 5 minutes. Pour into well buttered 1 1/2 quart baking dish. Set baking dish in pan of hot water and bake with meat loaf and potatoes for 1 hour or till custard is set. LEMON SAUCE: Combine 1/2 c. sugar, 1 T. cornstarch. Gradually add 1 c. boiling water. Cook, stirring constantly, until thickened. Add dash of salt, 2 T. butter and 1 1/2 T. lemon juice. Serve hot over pudding.

May 5, 1960 I.G.A. DAY

BARBECUED PORK CHOPS

6 center-cut pork chops	1/2 c. ketchup
Salt and pepper	1 t. Worcestershire sauce
1--8 ounce can tomato sauce	1/2 t. onion salt

Brown pork chops on both sides. Season with salt and pepper. Combine remaining ingredients and pour over chops. Simmer till tender, about 1 hour, turning occasionally.

PORK LOIN ROAST

Loosen backbone from ribs for easy carving. Rub salt, pepper and a bit of sage over roast; place in open roasting pan with fat side up. Roast at 325 degrees till meat thermometer registers 185 degrees or about 35 to 40 minutes per pound. Make Pork Gravy from the drippings. Remove backbone in kitchen when roast is done. Serve with applesauce, mashed potatoes, green or yellow vegetable, lettuce and tomato salad and dessert.

PORK GRAVY: Remove pork roast to warm platter; leave crusty bits in pan. Pour fat and meat juices into measuring cup; skim off fat. For each cup of gravy measure 2 T. of fat back into pan; add 2 T. flour. Cook over low heat until frothy, stirring constantly. Remove from heat, add 1 cup liquid (meat juices plus water or consomme if needed). Stir until smooth, return to heat and cook until thickened. Simmer about 5 minutes. Season.

CRUNCHY TOP BUTTER CAKE

1/3 c. butter	1/4 t. salt
1/3 c. sugar	1/2 c. butter or other shortening
1/2 t. cinnamon	
1/3 c. toasted bread crumbs	1 c. sugar
	2 eggs
1/3 c. chopped nuts	2/3 c. milk
2 c. flour	1 t. vanilla
2 1/4 t. baking powder	*Quick Caramel Icing

Prepare crunch topping with 1/3 c. butter, 1/3 c. sugar, the cinnamon, bread crumbs and nuts. Cut through ingredients with pastry blender. Pour this topping into greased 9 inch square pan that has been lined with heavy waxed paper. Spread evenly. Prepare batter. Sift flour, baking powder and salt. Cream butter and sugar, add eggs and vanilla. Add sifted dry ingredients alternately with milk. Pour batter over crunch. Bake at 350 degrees for about 50 minutes or till done. Remove from oven, let stand 5 minutes, then turn out carefully onto cake rack to cool. When cool, drizzle top with quick caramel icing.

QUICK CARAMEL ICING: Combine 1 c. brown sugar, 1/2 c. rich milk or cream, 1 T. butter and 1/8 t. salt. Stir well and cook until mixture boils and sugar dissolves. Pour into bowl, cool 5 minutes, add vanilla and enough confectioners sugar to make of spreadable consistency, about 2 c.

May 6, 1960

BROILED LOBSTER TAILS (A New Way)

Split lobster tails down the center of the hard shell. Poultry scissors are good for this. Cut through to membrane but be careful not to cut membrane. Open up tail butterfly style. Now very carefully insert finger under lobster meat and remove from the tail, leaving the piece of lobster anchored at the tail end. You will find that the meat will leave the shell very easily. Close shell and place lobster meat on top of shell for broiling. Brush with melted butter and sprinkle with salt and paprika. Broil about 4 inches from heat for about 15 minutes. Serve with lemon wedge and more melted butter. Note: Lobster tails look very glamorous broiled this way. Nice for a party.

BROWNIE ALASKA PIES
(Freeze one for a rainy day)

1 (16 ounce) package brownie mix
2 quarts MATHEOS Ice Cream (any desired flavor)
*SPECIAL CHOCOLATE SAUCE

Make up brownie batter according to directions on package. Spread in two 9 inch pie pans as pie shells and bake at 350 degrees for about 25 minutes. Cool. Fill each cooled shell with 1 quart MATHEOS Ice Cream. Serve with or without chocolate or other sauce. Note: The brownie shell may be filled with ice cream and frozen for a future occasion.

SPECIAL CHOCOLATE SAUCE: Cut 3 ounces chocolate into small pieces, melt over low heat, add 1 c. sugar and mix till well blended. Add slowly 1 cup of hot evaporated milk and 1/2 c. light corn syrup and 1 c. hot water. Mix well and boil gently for 6 minutes after boiling starts. Remove from heat, add 1 t. vanilla. This sauce may be served warm or cold. Keeps well in tightly covered jar in refrigerator. To reheat use double boiler.

May 9, 1960

MINUTE STEAK ROLLS

6 minute steaks
1--3 ounce can broiled chopped mushrooms
1/2 c. chopped parsley
3/4 c. chopped onion
1 c. grated Parmesan cheese
1 can consomme
2 T. cornstarch

Drain mushrooms, reserving liquid. Sprinkle chopped mushrooms, parsley, onion and cheese over steaks; season lightly with salt and pepper. Starting at narrow end, tightly roll up each steak; fasten with wooden picks. Brown steaks slowly in small amount of shortening. Add consomme. Cover; simmer for about 30 minutes or till tender. Remove steaks to hot platter; combine cornstarch and reserved mushroom liquid; stir into gravy in skillet. Cook, stirring constantly till thickened. Spoon over the meat rolls; sprinkle with additional Parmesan cheese. Garnish with tomato wedges.

TOASTED ALMOND CREAM PIE

3 c. milk
3 egg yolks
2 T. flour
Dash salt
2/3 c. sugar
2 T. cornstarch
2 T. milk
3 T. butter
1 t. almond extract
9 inch unbaked pie shell

Combine milk, egg yolks, flour, salt and sugar together. Heat, stirring constantly, until mixture begins to boil, stir in cornstarch dissolved in the 2 T. milk. Cook until thickened, stirring constantly. Remove from heat, add butter and almond. Pour into baked pie shell, cover with meringue and sprinkle with toasted almonds. MERINGUE: Beat 3 egg whites until stiff with 1/4 t. cream of tartar, gradually beat in 6 T. sugar, beat only until meringue forms soft peaks that bend over when beater is lifted. Spread on hot filling. Sprinkle with toasted almonds. Bake at 425 degrees for 4 or 5 minutes or till lightly browned.

May 10, 1960

ZIPPY LAMB SHANKS (Special Request)

2 medium onions, sliced
1 c. sliced celery
1 c. ketchup
1 c. water
1 T. Worcestershire sauce
4 lamb shanks

Zippy Lamb Shanks (Cont.)

Combine all ingredients except lamb, simmer for 5 to 10 minutes. Season lamb shanks with salt and pepper, brown in small amount of fat. Add sauce. Simmer for 1 1/2 hours or till tender or bake in slow oven at 325 degrees for 2 hours or till done. Note: Serve with parsley buttered new potatoes, green vegetable, minted pear and cream cheese salad, rolls, beverage, dessert. To mint pears add a little green coloring and mint flavoring, marinate for several hours in refrigerator or till serving time.

MOLASSES COCONUT CAKE

1/2 c. shortening
1/2 c. brown sugar
1 egg
1 c. BRER RABBIT MOLASSES
2 1/3 c. flour
1 1/2 t. baking powder
1/2 t. baking soda
1/4 t. salt
1/2 c. milk
1 c. coconut

Cream shortening and sugar, add egg and molasses and mix well. Sift dry ingredients, add alternately with milk to first mixture. Stir in coconut. Grease and flour an 8 inch square pan. Pour in batter. Bake at 350 degrees for 1 hour or till done. Sprinkle with confectioners sugar to serve if desired.

May 11, 1960

BAKED CHICKEN MONTE CARLO
(Especially for Ross)

2 packages frozen broccoli or 1 bunch of fresh
2 pound frying chicken or 2 pounds chicken breasts
Salt and pepper
Grated Parmesan cheese
1/2 pound mushrooms
1/4 c. butter
*Sauce Parisienne

Drop broccoli into rapidly boiling salted water and cook until just tender, but not too soft. Drain thoroughly, when vegetable is cold cut lengthwise into uniform thin slices. Stew chicken for about 1 hour or till tender. Cool chicken, discard bones and skin. Arrange broccoli on bottom of well buttered baking dish. Pour over about 1/3 of the sauce, arrange chicken pieces on top of broccoli, saute mushrooms in butter and pour over chicken, pour on rest of sauce, sprinkle with grated Parmesan cheese. Bake at 350 degrees for about 30 minutes or till bubbly and hot. 6 servings.

SAUCE PARISIENNE: Melt 1/3 c. butter in skillet, add 1/3 c. flour. Gradually stir in 2 1/4 c. chicken stock or light cream. Season to taste.

STRAWBERRY BAVARIAN CREAM

1 pkg. lemon gelatin
1 c. boiling water
1 lb. package frozen strawberries
1/2 c. evaporated milk, chilled
2 T. lemon juice

Dissolve gelatin in boiling water, add the frozen strawberries and break apart with a fork. Chill until partially set. Beat until light and fluffy. Beat the milk until foamy, add the lemon juice and beat until stiff. Fold into the gelatin mixture. Chill. Unmold and garnish with frozen whole strawberries.

May 12, 1960

I.G.A. DAY featuring Ham Sale, all kinds. . . smoked, fully cooked, and other types.

BAKED GLAZED HAM

6 - 8 pound ham
Whole cloves
1 c. brown sugar
1 t. dry mustard
1/4 c. pineapple juice

Baked Glazed Ham (Cont.)

Remove rind from ham; score and stud with cloves. Place in shallow pan on a rack, fat side up, bake uncovered at 350 degrees for 15 minutes per pound. Blend together brown sugar, mustard and pineapple juice. Spread half of the glaze on the ham during last 30 minutes of baking time. Spread the other half of the glaze during the last 15 minutes.

BAKED PINEAPPLE

Cream together 1/2 c. butter and 1 c. sugar, add 4 eggs and beat well. Add 1 No. 2 can pineapple (crushed) drained. Stir in 5 slices of bread, cut in cubes. Bake in a greased 1 1/2 quart casserole uncovered at 350 degrees for 1 hour. Serve hot or cold, serves 6. Serve as an accompaniment to the ham along with the dinner.

BUTTER TARTS

1 1/4 c. flour
1/2 t. salt
1/2 c. shortening
3 T. ice water

Sift flour and salt, cut in shortening until mixture resembles fine meal and some of the pieces of shortening are the size of small peas. Add ice water, just enough to hold dough together. Roll 1/8 inch thick. Cut into 10--4 inch circles. Lightly press a pastry round on same size circle of heavy aluminum foil. Holding pastry and foil together, flute edges to form tart shell.

Filling:

1 c. brown sugar
3 T. butter
1 egg
1/4 t. salt
1/2 t. vanilla
1/4 t. nutmeg
3/4 c. seedless raisins
Whipped cream
Chopped nuts

Cream butter and sugar, add egg, salt, vanilla and nutmeg. Mix well. Add raisins. Place tart shells on cookie sheet, fill. Bake at 400 degrees for 12 to 14 minutes. Cool, remove foil and serve plain or topped with whipped cream and chopped nuts.

May 13, 1960

SOUR CREAM ORANGE CAKE

1 c. sugar
1/2 c. butter or shortening
2 eggs
1 c. Dairy Sour Cream
1 t. soda
1 c. ground raisins
1 medium orange, ground
2 1/2 c. cake flour

Cream sugar and butter, add eggs and mix well. Beat in sour cream, soda, raisins, ground orange and juice. Sift flour and add. Pour into greased and floured 9 inch square pan. Bake at 350 degrees for 35 to 40 minutes or till done. Serve warm or cold with or without whipped cream. Note: You may use either seeded or seedless raisins.

SALMON LASAGNE

1/4 c. chopped onion
1/3 c. chopped green pepper
2 T. butter
1 can tomato paste
3/4 c. water
1/2 t. salt
Dash pepper
1/2 t. rosemary
2 cans salmon, drained and flaked
1/4 c. lasagne noodles, cooked
1/4 pound Mozzarella cheese, sliced thin
1/4 c. grated Parmesan cheese

Saute onion and green pepper in butter, add tomato paste, water and seasonings, and salmon. Layer noodles, salmon mixture and cheeses in a greased 8 inch square pan or baking dish ending with cheese layer on top. Bake at 375 degrees for 25 to 30 minutes or till brown. Serves 4 or 5.

TRUDY MC NALL'S

Rochester's FIRST Station
WROC-TV
A TRANSCONTINENT STATION
ROCHESTER 3, N. Y.

May 16 - 27, 1960

9:30 A.M.

May 16, 1960

BAKED PORK CHOPS AND BROWN RICE

6 pork chops
1 t. salt
1/4 t. pepper
1 c. uncooked brown rice
2 T. salad oil
1 T. chopped onion
1 can (8 ounces) tomato sauce
1 1/2 c. water
1/2 c. shredded Cheddar cheese
1/2 t. salt
1/8 t. pepper

Brown chops on both sides, season with salt and pepper. Mix together the brown rice, salad oil, onion, tomato sauce, water, cheese, and 1/2 t. salt and the pepper, turn into a greased baking dish. Arrange pork chops on top, cover and bake at 350 degrees for 1 hour and 15 minutes or until meat is tender.

CHOCOLATE DATE BARS
(To be baked with chops for dessert)

2 1/2 squares unsweetened chocolate
2/3 c. hot water
1 1/3 c. sugar
1 1/3 c. chopped dates
1 c. shortening, part butter
1 t. vanilla
1 1/4 c. brown sugar
1 1/2 c. flour
1/2 t. salt
1/2 t. soda
1 1/2 c. quick cooking rolled oats
1 c. chopped nuts

Melt chocolate in hot water over low heat. Add sugar and stir until dissolved. Add dates and cook over low heat until mixture thickens, about 5 minutes. Add 1/4 c. butter, blend in vanilla, cool. Cream remaining 3/4 c. shortening or butter with brown sugar. Sift flour, salt and soda, add to creamed mixture stirring well. Add oats and nuts and mix until crumbly. Press half of the mixture into bottom of greased 13 x 9 x 2 inch pan. Spread with date-chocolate mixture and top with remaining nut mixture. Bake at 350 degrees for 30 minutes. Serve warm with ice cream or cool and cut into squares. Makes 30.

May 17, 1960

LEMON SUGAR COOKIES
(Not too rich, nice with fruit or ice cream)

1/2 c. butter or shortening
1 c. sugar
1 egg
1/2 c. water
2 c. flour
2 t. baking powder
1/2 t. salt
1/4 c. lemon juice
1 t. grated lemon rind

Cream butter, add sugar and cream well. Add egg and beat until smooth and creamy. Add sifted dry ingredients alternately with lemon juice, water, and rind. Drop by spoonfuls onto lightly greased cookie sheet. Sprinkle with sugar while cookies are warm. Bake at 350 degrees for about 10 minutes.

BAKED BARBECUED HAMBURGERS DELUXE

2 pounds ground beef
3/4 c. soft bread crumbs
1 c. rich milk
2 t. salt
Dash pepper
1 T. minced onion
Shortening

Sauce:

1/2 c. chopped onion
1 c. seasoned tomato sauce
1 c. water
1/2 c. ketchup
2 T. brown sugar
2 T. prepared mustard
1 T. salad oil
1 T. Worcestershire sauce

Combine beef, bread, milk, salt, pepper and onion. Shape into 6 oval patties. Brown in small amount of shortening. Combine remaining ingredients for sauce. Simmer for 15 minutes. Pour over patties. Cover and bake in oven at 350 degrees for about 30 minutes.

MAPLE CHIFFON PIE

1 T. unflavored gelatin
1/4 c. cold water
1/2 c. milk
1/2 c. maple syrup
1/8 t. salt
2 eggs, separated
1 1/2 c. heavy cream, whipped
1 1/4 t. vanilla
*Graham cracker crumb pie shell or regular crust--9 inch

Soften gelatin in cold water. Heat milk, syrup and salt in top of double boiler. Add a small amount of this mixture to the 2 slightly beaten egg yolks, then return to double boiler and cook until thickened, stirring constantly. Remove from heat, add gelatin, stir to dissolve. Cool. Beat heavy cream, reserve about 1/2 c. to spread on top of pie. Fold remaining into cooled mixture, fold in stiffly beaten egg whites. Pour into prepared shell and chill. Top with whipped cream and serve cold. *Graham Cracker Crust: Combine 1 1/2 c. graham cracker crumbs with 1/2 c. confectioners sugar and 1/2 c. melted butter. Press firmly into 9 inch pie plate. Bake at 300 degrees about 8 minutes. Cool.

May 18, 1960

BONELESS GOLDEN FRIED CHICKEN WITH SUPREME SAUCE

3 pounds chicken parts (legs, thighs, and breasts)
Sliced onion, carrot, 1 or 2 celery stalks
Few peppercorns
1 t. salt

Barely cover chicken with cold water, add remaining ingredients. Simmer for about 1 hour or till meat is tender. Cool chicken in broth and let stand until cold. Remove skin, remove meat from either side of breast and cut in two pieces. Twist bone out of the leg and thigh. Dip each piece in batter and fry in deep fat at 375 degrees until nicely browned, about 3 minutes.

FRITTER BATTER: Combine 1 cup of chicken stock, 1 egg, 1 c. plus 2 T. flour, 1 t. baking powder, 1/2 t. salt and dash pepper. Let stand covered for 1/2 hour. Dip each chicken piece in batter and fry as above.

SUPREME SAUCE

3 T. butter
3 T. flour
2 c. chicken stock
1/4 c. heavy cream

Melt butter, blend in flour. Add chicken stock and cook stirring constantly until thickened. Season if necessary. Stir in heavy cream. Note: If you do not have enough chicken stock, use canned.

MOTHER'S SEWING CLUB SALAD

1 No. 2 can crushed pineapple
3/4 c. sugar
1/3 c. lemon juice
1 T. unflavored gelatin
1 c. cold water
1 c. Swiss cheese, grated
1/2 pint heavy cream, whipped

Combine pineapple, sugar and lemon juice. Boil 5 minutes. Dissolve gelatin in cold water. Add to fruit mixture and cool. When slightly thickened add the whipped cream and cheese. Pour into fancy mold, individual molds or a loaf pan. Makes 6 to 8 servings. Nice as an accompaniment to chicken salad if having a party. As a small child I can remember mother serving this salad frequently to her sewing club ladies.

May 19, 1960 I.G.A. DAY

STANDING RIBS OF BEEF

3 to 4-rib beef standing rib roast
Salt and pepper

Have the butcher remove the chine bone to make carving easier. Season. Place fat side up on a rack in an open roasting pan. Do not add water, do not cover. If using a meat thermometer be sure the bulb reaches the center of the thickest part. Roast in a slow oven 300 degrees to the desired degree of doneness. Allow 18 to 20 minutes per pound for a rare roast; 22 to 25 minutes for medium, and 27 to 30 minutes for well done.

YORKSHIRE PUDDING

1 c. flour
1 t. salt
1 c. milk
2 eggs
3 T. beef drippings

Sift flour and salt. Add milk gradually, stirring to form a smooth paste. Beat eggs and add to mixture. Remove roast, pour off drippings from roasting pan and measure back 3 T. into roasting pan or an 8 x 8 inch baking dish. Pour in batter. Bake in hot oven 400 degrees for 30 to 40 minutes. Cut into squares and serve hot. 6 to 8 servings.

DREAM BARS

1/3 c. butter	1/2 t. baking soda
1/2 c. confectioners sugar	2 eggs
1 egg yolk	1 c. brown sugar
1/2 t. vanilla	1 t. vanilla
2 T. milk	1/2 c. chopped nuts
1 1/2 c. flour	1 c. finely chopped coconut

Cream butter and confectioners sugar. Add egg yolk, vanilla, add flour sifted with soda alternately with the milk and mix well. Spread thickly on bottom and thinly on sides of 9 inch square pan which has been very lightly greased. Beat the 2 eggs, add remaining ingredients. Pour and spread on top of first mixture. Bake at 400 degrees for 20 minutes, then reduce temperature to 300 degrees and bake for 15 minutes. When done, loosen sides and turn onto a cake rack. When cold cut with crust side up into 4 uniform strips, and each strip into 8 bars. Dip crust side in confectioners sugar. Makes 32 slices.

May 20, 1960

ITALIAN WALNUT COOKIES

(The Italians are known for their delicious sweets. These unusual nut-plump cookies prove the point.)

Cookie Dough:	Filling:
2 eggs	1 can (1 lb.) chick peas
1/4 t. salt	2 c. walnuts
1/2 c. sugar	1 c. seedless raisins
1/2 c. salad oil	1/4 c. honey
1 t. vanilla	1/2 c. sugar
3 1/2 c. flour	2 T. jelly
1/4 c. cold water	1 t. cinnamon
Fat for deep-fat frying	Dash salt

Beat eggs, salt, sugar, salad oil and vanilla together until smooth. Work in flour as much as you can alternately with the water until dough is stiff. Sprinkle remaining flour on board or pastry cloth and work in all the remaining flour. Chill dough while making filling. To make filling: Cook chick peas and liquid for 20 minutes. Chop nuts fine and combine with remaining ingredients. Drain chick peas and put through food grinder; mix with filling. Divide dough into quarters and roll out one quarter on a lightly floured surface very, very thin. Cut into neat 3 inch squares. Place a teaspoonful of filling on each square. Brush edges with beaten egg and water (1 egg combined with 1 T. water). Fold into rectangles and press edges with fork tines to seal. Heat fat to 350 degrees. Fry cookies about 2 minutes. Drain and sprinkle with confectioners sugar. Makes 5 dozen.

FAVORITE TUNA CASSEROLE

1 can tuna fish	2 c. crushed potato chips
1 can mushroom soup	Minced onion
	Lemon juice

Flake tuna and combine with mushroom soup and 1 1/2 c. of the crushed potato chips. Add a little minced onion and lemon juice. Sprinkle remaining crushed potato chips on top. Bake at 375 degrees for 25 to 30 minutes or until hot.

May 23, 1960

LAMB AND NOODLE DINNER

2 pounds boneless lamb for stew, cut in 1 1/2 inch cubes	1/4 t. basil
	1 bay leaf
	1 can (1 pound 12 oz.) tomatoes
2 T. shortening	1 c. finely chopped onion
2 t. salt	6 ounces uncooked noodles
1/4 t. pepper	
1 c. chopped celery	

Brown meat slowly in shortening. Pour off drippings. Season with salt, pepper, basil, add bay leaf, tomatoes, onion and celery. Cover tightly and simmer 1 hour. Remove bay leaf, add noodles and continue cooking for 30 minutes or until meat is tender and noodles are done. Stir occasionally. Yield: 5 to 6 servings.

FAVORITE STRAWBERRY TARTS

6 medium baked tart pastry shells	3 T. cornstarch
	3/4 c. sugar
1 quart fresh strawberries, cut in half lengthwise	1/4 c. water
	Red coloring, if desired
	1 t. lemon juice
Whipped cream	

Favorite Strawberry Tarts (Cont.)

Combine cornstarch, 1/2 c. sugar and water. Add 2 cups of the strawberries and cook, stirring constantly until thick and clear. (Mixture will be very thick.) Add remaining 1/4 c. sugar, stirring until sugar is dissolved. Add lemon juice, red coloring if desired and remaining 2 cups strawberries. Chill. Pour into 6 medium tart shells or an 8 inch baked pie shell. Serve with whipped cream.

Pastry Tart Shells: Sift 1 cup flour with 3/4 t. salt. Cut in 1/3 c. lard or vegetable shortening with a pastry blender. Add 2 to 4 T. water, just enough to hold pastry together. Roll to about 1/8 inch thickness. Cut into circles 5 or 6 inches in diameter. Line medium size custard cups with pastry, fold edge under and flute edge. Prick pastry with a fork. Bake in a hot oven 450 degrees for 8 to 10 minutes. Makes 6 pastry shells.

May 25, 1960

SWISS STYLE CUBE STEAKS

4 cube steaks	1/2 c. ketchup
2 T. shortening	1 T. brown sugar
Seasoned flour	1 T. vinegar
1 medium onion, chopped	1 T. Worcestershire sauce
	1/4 c. water

Dredge steaks in seasoned flour and brown in shortening on both sides. Combine remaining ingredients. Pour over steaks. Cover and simmer for 15 to 20 minutes or until steaks are fork tender.

MOLLY'S LEMON ICE CREAM

(Nice served with the meat course of a meal or for a cool refreshing dessert.)

1/3 c. lemon juice	1 1/4 c. sugar
1/2 t. lemon extract	2 c. light cream
1 t. grated lemon rind	Dash salt

Combine all ingredients, stir to dissolve sugar. Pour in freezing tray of refrigerator, freeze until firm. Mixture will freeze smooth without any stirring.

BLACK CHOCOLATE CAKE

2 squares chocolate	1/2 c. butter or shortening
1/2 c. boiling water	
2 eggs	1 t. vanilla
1 1/2 c. sugar	3/4 c. buttermilk
1/8 t. salt	1 t. baking soda
	1 1/2 c. flour

Combine chocolate and boiling water. Stir until smooth, cool. Beat eggs well. Cream butter and sugar, add eggs and salt. Add cooled chocolate mixture. Dissolve soda in buttermilk, add alternately with flour to first mixture. Pour into greased and floured 9 inch square pan. Bake at 375 degrees for about 45 minutes or till done.

COLONADE FROSTING

1 1/2 c. sugar	2 egg whites
1/3 c. water	3 T. confectioners sugar
2 T. white corn syrup	1 t. vanilla

Combine sugar, water and corn syrup. Cook to 238 degrees. Pour slowly on stiffly beaten egg whites, beat until consistency of heavy cream. Add confectioners sugar and vanilla, beat until mixture holds its shape. Spread on cake. If desired, drizzle bitter chocolate over cake.

May 26, 1960

I.G.A. DAY. Featuring Picnic Values for a long week-end. Table-rite fryers (3 legged--double breasted). Also your favorite chicken parts. Table-rite Skinless Franks and Hams.

PERFECT FRIED CHICKEN

Frying chicken or parts as desired	1 T. salt
	1 T. paprika
3/4 c. flour	1/8 t. salt
	Fat for frying

Combine flour and seasonings in paper bag. Add chicken, cut up, a few pieces at a time and coat

Perfect Fried Chicken (Cont.)

well. Place on rack to let coating dry. This helps insure a crisp crust. Try to work as much flour as possible into the chicken. Heat fat in skillet (about 1/4 inch deep) till it will sizzle when you drop a drop of water into it. Brown chicken well, do not crowd skillet. Use two skillets if you are cooking for a crowd. When lightly browned, cover and simmer for about 40 minutes, uncover during last 10 minutes to crisp. Note: This chicken is delicious cold. Nice to take to a picnic.

PINEAPPLE-CHEESE DESSERT PIZZA ("SWEETSA")

(A new dessert idea to take to your picnic. . . Conversation Piece.)

1/4 c. milk	1/2 c. sugar
2 T. sugar	2 egg yolks
1/2 t. salt	1 t. grated lemon rind
1/4 c. shortening	1 t. lemon juice
1/4 c. warm water	1/2 t. vanilla
1 package or cake yeast	1 No. 2 can pineapple slices
1 3/4 c. flour	
1 egg	1/2 c. pecan halves or raisins
1--8 ounce package cream cheese, softened	

Scald milk, add the 2 T. sugar, salt and shortening, cool to lukewarm. Measure water into a large bowl, add yeast and stir until dissolved. Add the lukewarm mixture, egg and flour, beat until smooth. Brush top of dough with soft shortening, cover and let rise until double in bulk, about 1 1/2 hours. Meanwhile combine the softened cream cheese with the 1/2 c. sugar, egg yolks, lemon rind, juice and vanilla. Drain pineapple well. When dough has doubled, punch down, turn out into greased pizza pan. Press out with the hands to fit the pan, making the edges slightly thicker. Spread the dough almost to the edges with cheese mixture, top with pineapple and sprinkle nuts or raisins over the top. Bake at 375 degrees for 35 minutes or till done. Cut into 8 or 10 wedges. Note: If you do not have a pizza pan, press the dough out onto a 12 inch greased cookie sheet, making the edges slightly thicker than center.

May 27, 1960

BROILED FILLET OF HADDOCK PIQUANT

2 pounds haddock fillets	1 T. lemon juice
1/4 c. butter	1 T. minced parsley
1 T. finely chopped fresh green onion and stem	1/8 t. cayenne pepper
	1/2 t. salt
	1/4 t. marjoram

Combine all ingredients except fish and store, tightly covered, in refrigerator for several hours before using. When stored, flavor becomes more pronounced. When ready to broil fillets melt Sauce Piquant over very low heat until it looks like heavy cream. Pour half of sauce into dish. Arrange fish, skin side down in dish, sprinkle lightly with salt, spread with remaining sauce, sprinkle with paprika. Broil about 3 inches from heat for about 10 to 12 minutes, depending upon thickness of fillets. Tip: If fillets are not of uniform thickness it is a good idea to place them in between sheets of wax paper and pound them with a rolling pin.

STRAWBERRY ICE CREAM PIE

1 c. milk	1 package strawberry instant pudding mix
1 pint MATHEOS Strawberry Ice Cream	1 baked 9 inch pie shell or graham cracker crust

Combine milk and ice cream in mixing bowl, blend until smooth. Add pudding mix and beat slowly with egg beater until just well mixed, about 1 minute.

Note: Variation -- Use instant vanilla pudding mix and any flavor of ice cream you wish.

JUMBLES (from Mrs. Arthur Brayer)

1--8 ounce package chocolate bits
1--8 ounce package butterscotch bits
1 can chow mein noodles
1 can cocktail peanuts

Melt chips in double boiler until smooth, add noodles and peanuts. Drop on foil until cool.

WROC - Television
Channel 5

TRUDY McNALL'S
HOME COOKING RECIPES

May 30 - June 10, 1960

Weekdays
9:30 A.M.

May 30, 1960

SPANISH HAMBURGERS

1 pound ground beef
1/2 c. soft bread crumbs
1/8 t. Tabasco sauce
1/8 t. chili powder
2 T. minced onion
1 T. Worcestershire sauce
1 8-ounce can tomato sauce
2 T. lemon juice
2 T. chili sauce
2 T. melted butter
1/8 t. cloves

Combine meat, crumbs, Tabasco sauce, chili powder, onion and Worcestershire sauce. Form into 4 thick patties. Pan broil on a hot skillet until brown using small amount of shortening; reduce heat and cook until desired degree of doneness, about 5 minutes per side for medium. Make sauce by combining remaining ingredients, simmer 10 minutes. Place patties on hot platter and spoon sauce over them.

MENU: Spanish Hamburgers, French Fried Potatoes, Buttered Broccoli, Date Filled Cookies.

DATE FILLED COOKIES

1 1/2 c. brown sugar
1 c. shortening
2 eggs
2 c. flour
1 t. cream of tartar
1 t. soda
1 T. water
1 1/2 c. rolled oats
1 t. vanilla
1 t. salt
*Date Filling

Cream sugar and shortening, add eggs and beat well. Sift flour, cream of tartar, soda and salt. Add to egg mixture. Add water, rolled oats and vanilla and blend well. Roll cookies thin. Cut with 2 inch cookie cutter into rounds. Put 1 teaspoon of filling on each round, cover with another cookie round and press edges together. Place on lightly greased cookie sheet. Bake at 400 degrees for 10 to 12 minutes or till lightly browned.

Date Filling:

Combine 1/2 pound of dates cut fine with 1 c. cold water and 1/2 c. sugar. Cook until thick and smooth, stirring occasionally. Yield: 50 cookies.

May 31, 1960

OVEN FRIED CHICKEN PARMESAN

1 frying chicken, cut up
1 c. dry bread or cracker crumbs or cornflake crumbs
1 c. grated Parmesan cheese
3 T. chopped parsley
1 t. salt
1/4 t. pepper
1/2 c. butter
2 T. soft butter
1 T. sesame seeds (optional)

Combine crumbs, Parmesan cheese, parsley and seasonings. Dip each piece of chicken in butter. Roll each piece in crumb mixture. Arrange in shallow baking pan so pieces of chicken do not touch. Dot with the soft butter; sprinkle with sesame seeds if desired. Bake uncovered at 375 degrees for about 1 hour or till tender. Note: Instead of whole chicken you may use your favorite parts, about 2 1/2 pounds.

FRENCH BREAD
(A repeat due to many requests)

1/2 c. milk
1 c. water
2 T. shortening
1 pkg. dry or fresh yeast
1/4 c. lukewarm water
1 T. sugar
4 3/4 c. flour
2 1/2 t. salt
1 1/2 t. sugar

Combine milk and 1 c. water in small saucepan and bring to a boil. Add shortening, cool to lukewarm. Sprinkle yeast on lukewarm water, add 1 T. sugar and let stand 5 to 10 minutes to soften.

French Bread (Cont.)

Place flour, salt and 1 1/2 t. sugar in large mixing bowl. Make a well in the center. Pour in the combined milk and water, stir up the yeast and add. Mix well but do not knead. Dough should be soft. Cover bowl with a towel and let rise in warm place until doubled, turn out on lightly floured surface. Divide into 3 parts. Form each part into French loaf. 1. Flatten dough with the palms of your hands. 2. Fold 2 opposite corners into center to meet. 3. Fold dough lengthwise in half. Press dough outward from center until a long thin roll (15" x 1 1/2") is formed. Place on greased baking sheet. With a knife make 1/8" deep diagonal gashes on top. Let rise uncovered in a warm place until a little more than doubled in bulk. Bake at 400 degrees for 15 minutes, reduce heat to 350 and bake 30 minutes. Remove from oven and brush quickly with slightly beaten egg white and water (1 egg white plus 2 T. water). Return to oven to bake 5 minutes or until golden brown. Cool loaves in a draft. This makes crust crackle. Yield: 3 loaves.

June 1, 1960

STRAWBERRY MERINGUE TORTE

1/2 c. shortening
1/2 c. sugar
4 egg yolks
1 t. vanilla
1 c. flour
1 t. baking powder
3 T. milk
4 egg whites
1/8 t. cream of tartar
1 c. sugar
1/2 t. vanilla
1 c. heavy cream, whipped
1 quart fresh strawberries

Cream shortening, add sugar, egg yolks and beat well. Sift flour and baking powder, add alternately with milk to creamed mixture. Spread in 2 greased and floured 8" layer cake pans. Beat egg whites until frothy, add cream of tartar, sugar and vanilla and beat until peaks are formed. Pile on top of cake, dividing meringue equally on 2 layers. Bake at 350 degrees for 30 minutes. Combine cream and 2 cups of the fresh berries that have been sliced and slightly sweetened. Save largest and most perfect berries for garnishing top of cake. Spread filling between layers so that meringue will be on top and bottom of dessert.

STRAWBERRY JAM

4 1/2 c. prepared fruit (about 2 quarts ripe strawberries)
7 c. sugar
1 box (1 3/4 oz.) powdered fruit pectin

First, prepare the fruit. Crush completely, one layer at a time, about 2 quarts fully ripe strawberries. Measure 4 1/2 cups into a very large saucepan. Measure sugar and set aside. Add powdered fruit pectin to fruit in saucepan and mix well. Place over high heat and stir until mixture comes to a hard boil. At once stir in sugar. Bring to a full rolling boil and boil hard 1 minute, stirring constantly. Remove from heat and skim off foam with metal spoon. Then stir and skim by turns for 5 minutes to cool slightly, to prevent floating fruit. Ladle quickly into glasses. Cover jam at once with 1/8 inch hot paraffin.

June 2, 1960 — I.G.A. DAY

PORK CHOP CASSEROLE

4 center cut pork chops
1 t. salt
2 c. cooked noodles
1 can cream of chicken soup
1 c. water
1 T. chopped onion

Brown chops on both sides. Season. Place noodles in a 1 quart casserole. Top with chops. Pour

Pork Chop Casserole (Cont.)

soup, water and onion in skillet. Stir and heat until blended. Pour this gravy over the chops. Cover and bake at 350 degrees for 1/2 hour. Uncover and bake about 30 minutes longer or until chops are tender.

LAMB CHOP DINNER

4 lamb chops
2 c. cooked peas and carrots
Salt and pepper
4 cooked potatoes, cut in half lengthwise
1/4 c. melted butter
4 canned pear halves
Mint jelly

Place peas and carrots in thin layer in bottom of broiler pan. Set rack above vegetables. In center of rack arrange lamb chops. Around the chops place the potatoes which have been dipped in melted butter. At each of the 4 corners place a pear half and fill center cavity of pear with jelly. Place broiler pan so chops are about 3 inches from source of heat. Broil 5 minutes, turn chops and potatoes, broil another 5 minutes or until chops are done depending upon thickness. Season chops before serving if desired.

MYSTERY PIE

1 1/2 oz. unsweetened chocolate
1/2 c. water
2/3 c. sugar
1/4 c. butter
2 t. vanilla
1 c. flour
3/4 c. sugar
1 t. baking powder
1/2 t. salt
1/4 c. shortening
1/2 c. milk
1 egg
1/2 c. chopped nuts
Unbaked 9-inch pie shell

Melt chocolate in water; add the 2/3 c. sugar. Bring mixture to a boil, stirring frequently. Remove from heat, add butter and 1 1/2 t. of the vanilla. Sift flour, sugar, baking powder and salt. Add shortening, milk and the other 1/2 t. vanilla. Beat for 2 minutes. Add egg and beat for 2 minutes more. Pour batter into a 9 inch unbaked pie shell. Stir chocolate sauce and pour carefully over batter. Sprinkle top with nuts. Bake at 350 degrees for 55 to 60 minutes.

June 3, 1960

FISH BAKED IN SOUR CREAM

2 T. chopped parsley
1 lemon, cut in thin slices
Salt and pepper
1 1/2 pounds fish fillets
1 c. Dairy Sour Cream
1/4 t. onion salt
Paprika

Lay lemon slices in bottom of baking pan, sprinkle with parsley. Arrange fish on top. Sprinkle with salt and pepper. Cover and bake at 400 degrees for 25 minutes. Combine sour cream and onion salt. Spread over baked fish, sprinkle with paprika and place under broiler until lightly browned. Serves 4 to 5.

STRAWBERRY MERINGUE PIE

4 T. cornstarch
3/4 c. sugar
1 1/2 c. boiling water
1 1/2 t. vanilla
1/4 t. salt
3 egg whites
3 T. sugar
9 inch graham cracker pie shell
1 c. heavy cream
1 pint strawberries

Combine cornstarch and sugar in saucepan. Stir in boiling water; cook, stirring constantly until thick and clear; stir in vanilla. Add salt to egg whites and beat until stiff but not dry, beat in the 3 T. sugar. Pour hot mixture slowly over meringue mixture, beating constantly. Cool slightly, pour into crumb crust. Chill at least 2 hours or overnight. To serve spread a layer of whipped cream over the meringue. Arrange whole berries on top of pie. Note: This pie is very pretty and not as rich and caloric as it looks. A little later try same recipe with raspberries.

June 6, 1960

STROGANOFF BEEFBURGERS

(Nice for a party--serve in your chafing dish)

1 1/2 pounds ground beef	1/4 t. paprika
3 slices bacon, diced	1/8 t. pepper
1/2 c. chopped onion	1 can mushroom soup
1 1/2 T. flour	1 c. Dairy Sour Cream
3/4 t. salt	8 to 10 hamburger buns, split and toasted

Brown beef and bacon, add onion and cook until tender but not brown. Drain off excess fat. Blend flour and seasonings into meat mixture. Stir in soup. Cook slowly, uncovered for about 15 minutes, stirring frequently. Stir in sour cream just before serving. Serve in toasted buns. Makes 8 to 10 servings.

MOCHA POUND CAKE

2 c. cake flour	2/3 c. shortening
1 1/4 c. sugar	1/2 c. water
1 T. instant coffee	1 t. vanilla
1 t. salt	3 eggs
1/2 t. cream of tartar	2 squares unsweetened chocolate
1/4 t. baking soda	

Sift flour, sugar, coffee, salt, cream of tartar and baking soda. Add shortening, water and vanilla. Mix until flour is dampened. Beat for 2 minutes on medium speed of mixer. Add eggs and melted chocolate and beat 1 minute more. Pour batter into greased and floured loaf pan about 9 1/2 x 5 x 3 inches. Bake at 325 degrees for 60 to 70 minutes or until done. Serve unfrosted with sprinkling of confectioners sugar or frost with Bittersweet Chocolate Frosting.

BITTERSWEET CHOCOLATE FROSTING

Combine 3 squares unsweetened chocolate melted with 2 c. sifted confectioners sugar, 1 egg, 1 T. butter and 2 T. cold water. Beat all ingredients with electric mixer until smooth.

GUEST: Dorothy A. Stevens, Missionary and Author of book entitled "Table Talk and Tidbits." Dorothy Stevens is here attending the American Baptist Convention at the War Memorial. Recipe is from her book.

PEANUT LOAF

2 c. cooked rice	1 1/2 c. milk
2 c. peanuts, ground fine	2 t. salt
3 eggs	Pinch of pepper

Mix the cooked rice and ground peanuts. Beat eggs slightly. Add milk gradually to the eggs. Combine milk, eggs, rice and peanuts. Add salt and pepper. Pour into a greased loaf baking pan. Bake in a moderate oven 350 degrees. Serve with a cream white sauce or cheese sauce. This is a good meat substitute.

June 7, 1960

POLLO CON ARROZ

1 c. raw rice	1 c. chicken stock or bouillon cube dissolved in hot water
2 T. salad oil	1/8 t. Spanish saffron (optional)
1 cut-up roasting chicken, about 5 pounds or 2 large broilers	Salt and pepper
1 No. 2 can tomatoes	1/4 c. sherry wine (optional)
1 green pepper, finely chopped	1 pkg. frozen peas

3 T. diced pimientos

Heat oven to 375 degrees. Baking time about 1 1/4 hours or until chicken is tender. Brown rice in oil in skillet, transfer to 3 quart casserole. In same skillet brown chicken on all sides. Transfer

Pollo Con Arroz (Cont.)

to casserole. In skillet, heat tomatoes, green pepper, chicken stock, and seasonings. As soon as sauce boils pour over chicken. Add wine, cover casserole and bake till chicken is tender. During the last few minutes, blend in peas and pimientos, cook for about 10 minutes or till peas are tender.

MENU -- DINNER WITH LATIN-AMERICAN ACCENT: Pollo Con Arroz, Grapefruit Salad with French Dressing. Orange Coconut Pudding. (Pudding baked with chicken, same temperature.)

ORANGE COCONUT PUDDING

3 T. butter	1/4 t. salt
1 c. sugar	1 1/4 c. coconut
4 egg yolks	2 T. flour
1/3 c. orange juice	1 c. milk
1 T. grated orange rind	4 egg whites, stiffly beaten

Cream butter and sugar, add egg yolks and beat well. Blend in orange juice, rind and salt. Stir in 1 c. of the coconut, flour and milk. Fold in egg whites. Pour into 1 1/2 quart casserole set in a pan containing hot water. Bake until golden brown or for about 1 hour. Toast remaining coconut and sprinkle on top of pudding before serving.

June 8, 1960

PINEAPPLE HAM LOAF

1 1/2 pounds ground cooked ham	1 egg
1 pound ground beef	1/2 c. ketchup
2 c. day-old bread crumbs	1/3 c. finely chopped celery
1/2 t. sage or poultry seasoning	1/2 c. milk
1/2 t. salt	2 T. minced onion
Dash pepper	1/2 c. brown sugar
	6 pineapple slices

Combine all ingredients except brown sugar and pineapple. In the bottom of 8 x 8 x 2" pan sprinkle brown sugar and arrange pineapple slices on top. Press meat on top of pineapple. Bake at 350 degrees for 1 hour. Carefully pour off drippings and turn dish upside down. 6 servings. Note: Serve with candied sweet potatoes, green beans, garden salad, dessert.

ALMOND BUTTERSCOTCH CREAM PUFFS

1/2 c. water	1/8 t. salt
1/4 c. butter	1/2 c. flour
½ Tsp B.P.	2 eggs

Combine water and butter, bring to a boil. Add salt and flour, add all at once to water mixture and cook until very thick, stirring constantly. Cool slightly, add unbeaten eggs one at a time, beating thoroughly after each addition. Spoon into 6 mounds onto lightly greased baking sheet. Bake at 400 degrees for 30 to 35 minutes. Note: It is a good idea to allow these to dry in oven several minutes after heat is turned off. Also, after removing from oven make a small slit in base of cream puffs. This lets the steam escape and helps prevent puffs from falling.

Filling:

1 egg	1 c. milk
1/3 c. brown sugar	1 T. butter
2 T. cornstarch	1/2 t. vanilla
Dash salt	1/2 c. heavy cream

1/4 c. slivered almonds

Beat egg. Blend sugar, cornstarch and salt. Add milk and butter. Cook stirring constantly until thickened. Add a little of the hot mixture to the egg, then combine egg with hot mixture, cook stirring until thickened. Remove from heat, add vanilla. Cool. Fold in heavy cream, whipped, and almonds. Chill. Fill puffs and sprinkle with confectioners sugar.

June 9, 1960 I.G.A. DAY

ITALIAN STYLE ROUND STEAK

1 1/2 lbs. round steak	3/4 t. salt
1 (8 ounce) can tomato sauce	Dash pepper
4 T. chopped onion	3/4 t. oregano (optional)
1/2 c. precooked rice	2 ounces shredded Mozzarella cheese

1/4 c. water

Combine 1/2 can of tomato sauce with onion, rice, salt, pepper, oregano and cheese. Spread stuffing on steak; roll lengthwise, jelly-roll fashion. Skewer and tie. Brown in skillet in small amount of shortening. Add remaining tomato sauce and water. Cover and simmer for 1 1/4 to 1 1/2 hours or until meat is tender. Remove meat to platter and thicken gravy if desired. Serves 4. Note: Meat may be baked in oven at 350 degrees for 1 1/2 hours.

BEST EVER CHOCOLATE CAKE

2 c. brown sugar	1/2 t. baking powder
1/2 c. shortening	1 t. baking soda
2 squares chocolate	1/2 c. sour cream
2 c. flour	1 c. boiling water
1/2 t. salt	1 t. vanilla

Cream sugar and shortening, add eggs and beat well. Add melted shortening. Sift flour, salt and baking powder. Add alternately with sour cream to first mixture. Dissolve soda in boiling water, add to batter with vanilla. Batter will be very thin. Pour into greased and floured 9 x 12 inch pan. Bake at 375 degrees for about 35 minutes or until done. Frost as desired.

June 10, 1960

SKILLET PORK CHOPS HAWAIIAN

6 pork chops	3/4 c. water
Salt and pepper	2 T. flour
1 can (20 oz.) pineapple chunks	

Brown chops in small amount of fat. Pour off excess fat, season chops. Drain pineapple; reserve. Combine pineapple syrup and water, measure 3/4 c. of this liquid. Add about 1/4 c. of the measured liquid to skillet. Cover and simmer for about 45 minutes adding more liquid if necessary as it cooks away. Remove chops to warm platter. Spoon off any excess fat, put 2 T. of fat in skillet, add flour; stir until smooth. Add remaining pineapple-water mixture and cook, stirring constantly, until thickened. Add chops to gravy; top with pineapple chunks. Cover and simmer 15 minutes longer.

PARTY ROLL

3/4 c. cake flour	1/4 t. salt
3/4 t. baking powder	3/4 c. sugar
4 eggs	Superfine sugar

1 t. vanilla

Sift flour and baking powder. Beat eggs, salt and vanilla until very light. Gradually beat in sugar and beat until thick. Fold in dry ingredients. Grease a jelly roll pan (about) 15 x 10 x 1 inch. Line with waxed paper to within 1/3 inch of the sides, grease paper, pour in batter. Bake at 375 degrees for about 12 minutes. Turn out onto towel sprinkled with superfine sugar (fine granulated). Peel off paper. Place a piece of fresh waxed paper on cake, roll quickly like a jelly roll. Wrap in towel, cool. Unroll, remove paper, spread with Semi-sweet Filling. Reroll.

SEMI-SWEET FILLING: Combine 3/4 c. evaporated milk, 1/4 c. butter and 1/8 t. salt. Place over medium heat until butter is melted. Bring to a full boil, boil 5 minutes, stirring constantly. Stir in 1 c. chocolate bits until melted. Add 1/2 c. finely chopped nuts. Cool for about 15 minutes. Fill roll.

TRUDY MC NALL'S

Rochester's FIRST Station
WROC-TV
A TRANSCONTINENT STATION
ROCHESTER 3, N. Y.

June 13 - 24, 1960

9:30 A.M.

June 13, 1960

MONDAY'S MEAT LOAF

3/4 c. stale bread crumbs	2 eggs
1 c. milk	1/4 c. chopped onion
1 1/2 pounds ground beef	1 t. salt
	1/2 t. sage
	Dash pepper

*Piquant Sauce

Soak bread crumbs in milk; add meat, eggs, onion, salt, sage and pepper. Mix well. Shape into loaf. Place on rack in shallow baking pan. Spread with Piquant Sauce. Bake at 350 degrees for 1 hour. *Piquant Sauce: Combine 3 T. brown sugar, 1/4 c. ketchup, 1/4 t. nutmeg and 1 t. dry mustard. Serves 6.

FLUFFY POTATO CUPS

5 medium potatoes	1/3 c. shredded process cheese
Hot milk	

1/2 c. heavy cream, whipped

Cook potatoes in boiling, salted water until tender. Drain and mash. Season with salt and pepper; add sufficient hot milk to whip light. Pile into greased custard cups. Add shredded cheese to whipped cream. Spread over potatoes. Bake at 350 degrees for 15 minutes or till lightly browned.

STRAWBERRY FLOATING ISLAND

2 egg whites	2 egg yolks
Dash salt	1/2 c. sugar
1/4 c. sugar	Dash salt
3 c. milk	Milk, if needed
3 eggs	1 1/2 t. vanilla

2 c. hulled strawberries

Beat egg whites with dash salt till soft peaks are formed. Add 1/4 c. sugar, beating till stiff peaks form. In skillet, heat 3 c. milk to simmer. Drop meringue in by tablespoons. Cook slowly, uncovered till firm, about 5 minutes. Lift poached meringues from milk (reserve milk for custard); drain on paper towels. Combine beaten eggs and yolks, 1/2 c. sugar and dash salt. Stir in 3 c. of slightly cooled milk (from meringues plus extra if needed). Cook over hot water, stirring constantly until slightly thickened. Add vanilla. Place hulled strawberries in serving dish; pour slightly cooled custard over. Top with meringues. Chill. Garnish with additional berries. 6 servings.

June 14, 1960

SOUTHERN PAN-FRIED CHICKEN

1 frying chicken or parts	1 t. paprika
3 T. milk	6 T. shortening, melted
6 T. flour	2 T. butter
1 t. salt	1/4 c. flour
	2 c. milk

Dip chicken pieces in the 3 T. milk; coat with combined 6 T. flour, salt, pepper and paprika. Brown in melted shortening in large skillet. Cook covered for 25 to 30 minutes or till almost tender. Uncover and cook 15 minutes longer. Remove chicken from skillet. Add butter to skillet, add flour and stir until blended. Slowly add the 2 c. milk and stir until thick and smooth. Serve gravy over chicken. Serves 4.

GLAZED SWEET POTATOES

Place 6 cooked halved sweet potatoes in skillet with 1/3 c. butter and 1/4 c. brown sugar. Cook over medium heat until potatoes are well glazed and heated through. Turn several times.

SPONGE TORTE

3/4 c. cake flour	4 eggs
3/4 t. baking powder	3/4 c. sugar
1/4 t. salt	1 t. vanilla

Sift flour, baking powder and salt. Beat eggs until very light and fluffy. Gradually add sugar and vanilla; beat until thick and lemon colored. Fold in sifted flour. Pour batter into 4 - 8 inch layer pans which have been greased and floured. Bake at 400 degrees for 8 to 10 minutes or till done. Cool slightly, remove from pans. Filling: Cream 1/2 c. butter with 1 c. shortening until light and fluffy. Gradually add 2 c. sifted confectioners sugar. Add 3 egg yolks one at a time, beating well. Melt 2 c. chocolate bits and cool slightly. Add to first mixture. Blend until smooth. Thin with a little milk if needed. Frost cake layers generously. Frost top and sides. Mark frosting on top layer into 12 wedges. Note: This dessert will freeze.

June 15, 1960

FLORIDA SALAD

1 T. unflavored gelatin	1/4 t. salt
1/2 c. cold grapefruit juice	1/2 c. diced celery
1 1/4 c. hot grapefruit juice	1/2 c. chopped pecans
1/4 c. sugar	2 c. diced grapefruit sections, well drained
	Salad greens

Soften gelatin in cold grapefruit juice. Add hot juice, sugar and salt. Stir until gelatin is dissolved. Chill until consistency of unbeaten egg white. Fold in celery, nuts and grapefruit. Pour into 1 quart well oiled mold. Chill until firm. Unmold on salad greens. Serve with mayonnaise. 6 servings.

GOURMET CUBE STEAKS

6 cube steaks	1 t. Worcestershire sauce
Melted butter	
1/3 c. crumbled blue cheese	1 T. prepared mustard
	2 T. lemon juice
2 T. soft butter	1 t. salt

1/8 t. pepper

Place steaks on broiler rack; brush with melted butter. Broil 3 inches from heat for about 4 minutes. Combine remaining ingredients. Turn steaks; spread with cheese mixture. Broil 3 minutes longer. 6 servings.

MUSHROOM POTATO CAKES

3 c. mashed potatoes	1 (4 ounce) can chopped mushrooms
1/2 t. salt	
1/2 t. paprika	1 T. melted butter

Melted butter

Mash potatoes with just enough milk to make them easy to handle. Add salt, paprika, chopped

Mushroom Potato Cakes (Cont.)

mushrooms and butter. Blend well. Shape into 6 cakes. Place on broiler rack with steaks, brush with melted butter. Broil with steaks, turn and brush again with butter.

June 16, 1960 I.G.A. DAY

LET'S HAVE A PICNIC. . . . .

SILVER-PLATED POT ROAST

4 pounds chuck roast	1 1/2 T. Worcestershire sauce
3 T. flour	
1 T. brown sugar	1 T. vinegar
1 t. salt	2 stalks celery, sliced
Dash pepper	1 medium onion, cut into rings
1/2 t. dry mustard	
3/4 c. ketchup	2 carrots, sliced

Aluminum foil

Brown roast on grill over hot coals or in frying pan for 20 minutes or till nicely browned. Season with salt and pepper. Combine next 7 ingredients for sauce. Tear off 5 ft. length of aluminum foil of household weight or 2 1/2 feet heavy-duty foil. Spoon half of sauce in center of foil. Place meat on top, cover with vegetables and remaining sauce. Fold foil over and seal securely. Bake over coals (have a double thickness of extra foil over grill) for 1 1/2 hours, or till tender. Note: Or bake in oven at 400 degrees for 1 1/2 to 2 hours. Serves 6.

POTATO SALAD

4 medium potatoes, cooked in jackets	1/4 c. chopped onion
1/2 c. French dressing	3 hard-cooked eggs, diced
1 t. salt	1 T. chopped parsley
Dash pepper	1/2 c. mayonnaise
3/4 c. chopped celery	1 t. prepared mustard

Peel cooked potatoes, and while still warm, break apart with a fork, carefully. Pour French dressing over potatoes; add salt and pepper. Let stand several hours. Combine with remaining ingredients. Add more seasonings if necessary. Add mayonnaise and mustard and blend ingredients. Serve on crisp salad greens. Garnish with parsley and paprika. 6 servings.

LEMON CRACKLE

Filling:

1/2 t. salt	2 eggs
2 T. cornstarch	1/4 c. butter
1 c. sugar	1/2 t. vanilla
1 c. cold water	1/2 c. lemon juice

Combine salt, cornstarch, sugar and cold water. Cook, stirring constantly until thickened. Put in double boiler and cook for about 10 minutes. Add slowly to beaten eggs, return to double boiler. Cook about 3 minutes longer. Remove from heat, add butter, vanilla and lemon juice. CAKE PART: Combine 3/4 c. soda cracker crumbs, 1 c. brown sugar and 1/2 c. melted butter. Mix 1 c. flour, 1/2 t. soda and 1 c. shredded coconut. Combine 2 mixtures. Place 3/4 of this mixture into a buttered 9 inch square pan. Pour lemon filling over this. Sprinkle remaining mixture on top. Bake at 350 degrees for 20 minutes or till lightly browned. Chill. Cut in squares.

ATLANTIC SUPPLY, 380 Main Street East, Rochester, N.Y.
Shop here for all kinds of supplies used on Home Cooking. . .Cake Flour, Vanilla, Nuts, Gelatin, Brown Sugar, Dried Figs, Sliced Almonds, Maraschino Cherries and many items too numerous to mention.

June 17, 1960

BROILED FISH STEAKS

Purchase slices of fish (halibut, salmon, cod, etc.), cut about 3/4 inch thick. Dip the slices in cream and place on the bottom of a lightly greased broiling pan. Cover with a thin layer of fine soft bread crumbs and broil without turning for 15 minutes or till fish is done. Dot over with bits of butter and continue broiling until the crumbs are a golden brown. Garnish with wedges of lemon and sprigs of parsley. Note: Broil about 8 inches from heat in beginning or using moderate heat. Broil closer to unit to finish browning.

FIG SQUARE

1 cake yeast	1 c. flour
1/4 c. lukewarm water	1 egg, beaten
1/2 c. milk, scalded	1/2 t. grated lemon rind
1/4 c. sugar	1 1/2 c. flour
1 t. salt	Melted butter
2 T. melted shortening	*Fig Filling

Soften yeast in lukewarm water. Add sugar, salt and shortening to milk and cool to lukewarm. Stir in 1 c. flour to make a thick batter and mix well. Add softened yeast, egg, lemon rind. Beat well. Add remaining 1 1/2 c. flour or enough to make a soft dough. Turn out on lightly floured surface and knead until smooth and satiny. Place in well greased bowl. Cover and let rise until double in bulk, about 1 1/2 hours. Pat or roll into a rectangle about 1/2 inch thick and 8 inches wide. Brush with melted butter, spread with Fig Filling. Roll up like jelly roll, sealing edge. Shape in an 8 inch square pan. At each corner, cut through the dough with scissors almost to bottom. Then cut slantwise through the roll in three places on each side. Let rise until double about 1 hour. Bake at 350 degrees for 20 to 25 minutes. FIG FILLING: Cover 2/3 c. dried figs with boiling water and let stand 10 minutes. Drain, clip off stems and snip figs into small pieces with scissors. Add 1/2 c. cold water, 4 T. sugar, 1 T. flour and a dash of salt. Cook slowly for about 10 minutes or till thick. Add 1 T. lemon juice and cool before using. Frost with confectioners sugar icing if desired.

June 20, 1960

PATIO PORK CHOP CASSEROLE

6 loin pork chops	2 large potatoes, sliced
2 T. shortening	1/4 c. grated American cheese
2 onions, sliced	Dash cayenne pepper
1 t. salt	1 T. minced parsley
Dash pepper	

1--10 1/2 ounce can tomato soup

Brown chops in shortening. Place onion slices on bottom of well greased flat baking dish. Place chops on top. Season with salt and pepper; pour over tomato soup. Top with a layer of potatoes and sprinkle with cheese, cayenne pepper and parsley. Bake at 350 degrees for 45 minutes. Note: Serve with celery and cabbage salad, hot muffins, dessert.

BLITZ TORTE

1 c. cake flour	1 t. vanilla
1 t. baking powder	3 T. milk
1/8 t. salt	1/2 c. sliced blanched almonds
1/2 c. shortening	1 T. sugar
1 1/4 c. sugar	1/2 t. cinnamon
4 eggs, separated	

Sift flour, baking powder and salt. Cream shortening with 1/2 sugar until fluffy. Blend in well beaten egg yolks, vanilla, milk and dry ingredients. Spread mixture in 2 greased 9 inch layer cake pans. Beat egg whites until stiff but not dry. Add remaining sugar gradually. Beat until egg whites hold a stiff peak. Spread over unbaked mixture in both pans. Sprinkle with almonds, 1 T. sugar and cinnamon. Bake at 350 degrees for about 30 minutes. Cool and spread custard filling between layers. *CUSTARD FILLING: Combine 2 T. flour, 1/3 c. granulated sugar, 1/8 t. salt.

Blitz Torte (Cont.)

Add 1 c. milk and 1 egg, beaten. Cook, stirring constantly, until thickened. Add 1/2 t. vanilla and 1 t. butter. Cool. Spread between layers having meringue crust on top and bottom of torte.

June 21, 1960

SMOTHERED STEAK

1 1/2 pounds round steak	Dash pepper
4 T. flour	2 T. shortening
1 t. salt	3 medium onions, sliced
	1 c. hot water

Combine flour and seasonings. Sprinkle steak with half this mixture and pound it well into the meat, turn steak and pound remaining flour on other side. Heat shortening in skillet and saute onions until lightly browned, push to one side of pan, add meat and brown well on both sides. Place onions on top of meat. Add water; cover and simmer 1 1/2 to 2 hours or till tender.

BIG BANANA CAKE

1 c. shortening, part butter	3/4 t. baking soda
2 c. sugar	3/4 t. salt
3 eggs	1 1/2 c. mashed ripe bananas
3 1/4 c. cake flour	1/2 c. buttermilk
2 t. baking powder	1 1/2 t. vanilla

Cream butter, add sugar and cream well. Add eggs, beating well after each addition. Add dry ingredients which have been sifted together, alternately with combined bananas, buttermilk and vanilla. Pour batter into 3 greased and floured 9 inch layer cake pans. Bake at 350 degrees for 20 to 25 minutes or till done. Frost with best boiled icing, tinted a pale yellow. Arrange sliced bananas on top of frosting between layers. Frost sides of cake and a 1 inch rim on top layer. Fold 1/3 c. chopped pecans into remaining frosting and spread on top layer inside rim. Garnish with whole pecans.

June 22, 1960

TWIN FLAVOR ICE CREAM PIE

33 Sunshine vanilla wafers	1 c. milk
2 T. strawberry jam	2 pints MATHEOS vanilla ice cream
2 packages instant vanilla pudding	1 c. heavy cream, whipped

1 pint strawberries

Cover the bottom of a 10 inch pie pan with a layer of vanilla wafers (18), placing them flat side down. Spread tops of wafers with strawberry jam. Stand remaining wafers on edge, flat side facing in, around inside of pan. Pour milk into a large bowl. Add vanilla pudding mix; beat with rotary beater for 1/2 minute. Add softened ice cream and blend well with beater. Pour mixture into cookie-lined pan. When pudding is set (about 5 minutes), place in refrigerator and let stand at least 3 hours. Decorate top with whipped cream and sliced strawberries. Serves 8 to 10.

BROILED DEVILED LAMB CHOPS

4 shoulder lamb chops, 1/2 inch thick	1 1/2 t. Worcestershire sauce
1/2 c. ketchup	2 T. brown sugar
1 1/2 t. prepared mustard	

Score fat on lamb chops. Combine remaining ingredients. Spread both sides of chops with this mixture. Let stand in refrigerator for 30 minutes. Place on broiler rack about 4 inches from heat. Broil about 5 minutes on one side, turn and broil for 3 minutes longer.

YELLOW JACKET POTATOES

Fry 4 slices bacon until crisp. Remove from frying pan. Add 1/2 c. sliced onions and saute until lightly browned. Add 4 cups peeled, sliced, cooked potatoes and heat through. Beat 2 eggs with 1 t. salt and 1/2 t. pepper. Pour egg mixture over potatoes, toss potatoes as they fry, until the egg is just set. Top with bacon bits.

June 23, 1960 I.G.A. DAY

BARBECUED FRESH HAM

1 fresh ham (6 to 8 pounds)	1 T. celery seed
Garlic salt	1 t. chili powder
1/2 c. vinegar	1 c. ketchup
1 t. salt	2 T. sugar
1 t. dry mustard	1 t. paprika
	1/2 t. pepper

Score fat on the ham. Sprinkle with garlic salt. Place on a rack in a shallow pan, fat side up. Roast uncovered at 350 degrees for 35 to 40 minutes per pound. Combine remaining ingredients. Pour some of this over the ham during last 15 minutes of baking. Make gravy from rest of liquid.

ROAST TURKEY

Prepare stuffing allowing about 3/4 c. for each pound of ready-to-cook turkey. Stuff bird just before roasting. Lightly stuff neck cavity; skewer skin to back. Shape wings "akimbo" style; bring wing tips onto the back. Place turkey, breast down, in deep bowl. Rub cavity with salt. Spoon in stuffing. Shake to settle stuffing but do not pack. Secure drumsticks to tail. Rub skin thoroughly with mixture of half butter and half shortening. Roast breast side up at 325 degrees about 30 minutes per pound. CRUMBLY BREAD STUFFING: Heat 1 1/8 c. butter and saute 3/4 c. minced onion. Combine 4 1/2 quarts bread crumbs, 1/4 c. diced celery, 1 1/2 t. poultry seasoning, 1/4 t. pepper and 2 t. salt. Heat well without browning, stirring frequently. Enough for 10 pound turkey.

CHERRY NUT ANGEL FOOD CAKE

Use package of angel food cake mix, follow directions on package. Lastly, fold in 1/2 c. finely chopped maraschino cherries, well drained, and 1/2 c. finely chopped nuts. Bake according to package directions. When cold frost with Cherry Butter Icing. CHERRY BUTTER ICING: Cream together 3 c. sifted confectioners sugar, 3 T. shortening and 3 T. butter. Stir in 6 or 7 tablespoons maraschino cherry juice and 1 t. vanilla. Beat until smooth. Add more cherry juice if mixture appears too thick.

June 24, 1960

BAKED CHICKEN WITH MUSHROOMS

1 roasting chicken	1/2 c. shortening
Milk	1/2 pound mushrooms
Flour	1 small onion, sliced thin
Salt and pepper	2 c. hot cream or top milk

Cut chicken into serving pieces. Dip the pieces of chicken in milk, then in seasoned flour. Fry in hot fat until nicely browned. Place in 1 1/2 quart casserole. Clean and slice mushrooms. Saute in fat for 2 or 3 minutes. Add mushrooms and onion slices to chicken, add hot cream or top milk. Bake at 350 degrees for 1 1/2 to 2 hours or until chicken is tender and cream is a thick sauce. Note: If cream is used it may curdle a little. Just add a little water and stir until sauce is smooth.

SALLY LUNN

These golden squares of Sally Lunn are a favorite in the South. Can be baked with chicken.

2 c. flour	1/3 c. sugar
4 t. baking powder	2 eggs
1/2 t. salt	1 c. milk

3 T. soft butter

Sift flour, baking powder, salt and sugar. Beat eggs until light, add milk. Add to flour mixture and stir until flour is dampened. Add softened butter and stir until mixture is smooth. Pour into greased 9 inch square pan. Bake at 350 degrees for 20 to 25 minutes. Cut in small squares, break open one side and slip in thin piece of butter. Serve piping hot.

WROC - Television
Channel 5

TRUDY McNALL'S
HOME COOKING RECIPES

June 27 - July 8, 1960

Weekdays
9:30 A.M.

June 27, 1960

SWISS CHUCK STEAK

1 1/2 pounds chuck or round steak, cut 1 inch thick	1/2 c. flour
2 t. dry mustard	1 1/2 T. shortening
1 t. salt	1 No. 303 can tomatoes
1/8 t. pepper	1/4 t. chili powder
	1 bay leaf
	1 T. Worcestershire sauce

Combine dry mustard, salt, pepper and flour. Pound half of the seasoned flour into meat. Reserve remaining flour. Brown meat well in shortening. Add remaining ingredients. Cover and simmer for 1 1/2 hours or till tender. Make a flour-water paste with remaining flour mixture. Remove steak from skillet, thicken gravy and pour over steak. Serves 3 to 4. Note: Meat may be baked in oven at 350 degrees for 1 1/2 hrs.

BUTTERMILK NUT GINGERBREAD

2 c. flour	1/2 c. light molasses (Brer Rabbit)
1 1/4 t. baking soda	1/3 c. butter
1/2 t. salt	2/3 c. brown sugar
1 t. ginger	3/4 c. buttermilk
1 t. cinnamon	3/4 c. chopped nuts
1/2 t. allspice	1 egg
1/4 t. cloves	

Sift first 7 ingredients. Combine molasses and egg. Cream butter, add sugar, cream till light and fluffy. Add molasses-egg mixture. Add sifted dry ingredients and buttermilk. Beat only till smooth, stir in nuts. Pour into greased and floured 9 x 9 x 2 inch pan. Bake at 350 degrees for 35 to 40 minutes. Note: May be baked with meat. Serve gingerbread with Foamy Sauce.

FOAMY SAUCE: Beat 1 egg white until stiff. Cream 1/4 c. butter, gradually beat in 2 c. sifted confectioners sugar, add 1 egg yolk and 1/4 c. orange juice. Fold in egg white.

FRESH PINEAPPLE SALAD

1/4 c. Dairy Sour Cream	1 1/2 c. fresh pineapple wedges, sweetened
2 T. mayonnaise	2 c. shredded cabbage
1 t. sugar	Salad greens and pineapple spears
2 t. lemon juice	
1/2 t. prepared mustard	

Combine first 5 ingredients. Add pineapple wedges and cabbage. Serve garnished with salad greens and pineapple spears.

June 28, 1960

BARBECUED FRANKFURTERS

1/4 c. chopped onion	3 T. Worcestershire sauce
1 c. ketchup	2 T. vinegar
1/2 c. water	1 T. prepared mustard
1/2 c. chopped celery	1/2 t. salt
1/4 c. lemon juice	Dash cayenne
2 T. brown sugar	

1 1/2 pounds MAPLECREST frankfurters

Cook onion in a little shortening until tender. Drain off any excess fat. Combine remaining ingredients except frankfurters. Cover and simmer 20 minutes. Add frankfurters to sauce. Cover and simmer 15 minutes. 6 servings.

BUTTERSCOTCH-NUT ROLL

4 egg whites	4 egg yolks
1/2 t. salt	1/4 c. flour
1 t. vanilla	1/2 c. chopped walnuts
1/2 c. sugar	1 pkg. butterscotch pudding

Beat egg whites with salt and vanilla till soft peaks form. Beat in sugar. Beat egg yolks till thick and lemon colored. Fold yolks into whites; carefully fold in flour and nuts. Line bottom of 15 1/2 x 10 1/2 x 1 inch jelly roll pan with waxed paper. Pour in batter. Bake at 375 degrees

Butterscotch-Nut Roll (Cont.)

for 12 minutes. Turn out on towel sprinkled with confectioners sugar. Peel off paper; cool to lukewarm. Starting at narrow end, roll cake and towel together. Cool. Unroll; spread with butterscotch pudding made according to package directions. Reroll cake and chill. Serve garnished with whipped cream and walnuts.

PEANUT-BUTTER SWIRLS
(Cookie of the Week — new and different)

1/2 c. shortening	2 T. milk
1 c. sugar	1 1/4 c. flour
1/2 c. peanut butter	1/2 t. salt
1 egg	1/2 t. baking soda

1 c. chocolate bits

Cream shortening and sugar. Beat in peanut butter, egg and milk. Sift flour, salt and soda; stir into creamed mixture. Place dough on lightly floured waxed paper; roll in 15 x 8 x 1/4 inch rectangle. Melt chocolate over hot water. Cool slightly; spread over dough. Roll like jelly roll, lifting waxed paper slightly with each turn; chill 1/2 hour, no longer. Slice cookies 1/4 inch thick. If chocolate filling makes cutting difficult, heat knife. Place on ungreased baking sheet. Bake at 375 degrees 8 to 10 minutes. Makes 4 dozen.

June 29, 1960 AN OVEN MEAL. . .

GARDEN MEAT LOAF

2 pounds ground beef	1/4 t. pepper
1 c. dry bread crumbs	1 t. poultry seasoning
1 medium carrot	1/2 t. dried parsley
1 medium potato	1/4 c. water
1 apple	1 can cream of celery or mushroom soup
1 t. salt	

Grate the potato, carrot and apple into the ground beef, add the bread crumbs, seasonings and water and mix well. Shape into loaf and bake at 325 degrees for 50 minutes. Pour soup over the top and bake 20 minutes longer.

OVEN CREAMED POTATOES

1/4 c. butter	2 c. milk
1/4 c. flour	6 cooked diced potatoes
1 t. salt	3/4 c. grated Cheddar cheese
Dash pepper	

Paprika

Melt butter, add flour, salt and pepper. Gradually stir in milk. Cook over medium heat, stirring constantly until mixture is thickened. Add potatoes. Pour mixture into greased 2-quart casserole; sprinkle with cheese and paprika. Bake at 325 degrees for 1 hour.

BROWNIE MALLOW BARS

3/4 c. flour	1 c. sugar
1/2 t. salt	2 eggs
1/2 t. baking powder	1 c. chopped nuts
1/3 c. butter	1 t. vanilla
1 square unsweetened chocolate	16 marshmallows, cut in half

Sift flour, salt and baking powder. Melt butter and chocolate in saucepan. Add sugar and mix well. Add sifted dry ingredients and blend. Add eggs and beat well. Fold in nuts and vanilla. Pour into 7 x 11 inch pan that has been greased and floured. Bake at 350 degrees for 35 minutes. Remove pan from oven. Top brownies with marshmallows, return to oven until marshmallows are soft and easy to spread, about 5 minutes. Remove from oven and spread marshmallows over the brownies. Cool. Top with chocolate frosting.

CHOCOLATE FROSTING

1 ounce unsweetened chocolate	3 T. butter
1/2 c. brown sugar	1 t. vanilla
1/4 c. water	1/2 t. salt
	1 2/3 c. confectioners sugar

Chocolate Frosting (Cont.)

Combine chocolate, brown sugar and water in saucepan. Boil mixture for 4 minutes. Remove from heat. Add butter. Stir in vanilla, salt and confectioners sugar. Spread frosting over cooled brownies. Cut into 18 bars.

June 30, 1960 I.G.A. DAY

PIMIENTO CHICKEN SKILLET

1 frying chicken, cut up, or favorite parts	1 can cream of mushroom or chicken soup
1/2 c. flour	1 c. milk
1 t. salt	1 small onion, sliced
1/4 t. pepper	1/4 c. sliced stuffed olives
1/4 c. shortening	

Dip chicken pieces in seasoned flour. Melt shortening in skillet. Brown chicken well. Heat soup and milk together and pour over chicken. Spread the sliced onion over the top. Cover and bake at 350 degrees for 1 hour. Remove cover, add a little more milk of gravy seems too thick. Sprinkle olives over chicken. Cover and bake 10 minutes.

PINEAPPLE CAKE

2 1/2 c. cake flour	1 t. vanilla
2 1/2 t. baking powder	1 c. crushed canned pineapple with juice
1/8 t. salt	1/4 c. water
1/2 c. butter	*Lemon filling
1 1/2 c. sugar	*Whipped frosting
3 eggs	

Lemon Filling:

1 c. sugar	2 T. lemon rind
4 T. cornstarch	1/2 c. lemon juice
1/2 t. salt	2 T. butter
1 c. water	1/2 c. finely chopped pecans

Mix all ingredients except pecans. Bring mixture to a rolling boil. Boil 1 minute, stirring constantly. Remove from heat. Cool. Fold in pecans. Chill in refrigerator.

Whipped Frosting:

3/4 c. milk	1/4 c. shortening
2 T. cornstarch	3/4 c. sugar
5 T. butter	1/2 t. vanilla

Cook milk and cornstarch until thick. Cool. Cream butter, shortening and sugar. Add cooled cornstarch mixture to creamed mixture. Beat well with electric mixer until fluffy and sugar is dissolved. Add vanilla.

July 1, 1960

ONION BRAISED PORK CHOPS

4 pork chops, 3/4 inch thick	1 can beef consomme
1/2 t. sage	1 c. sliced onions
Dash pepper	2 T. flour
1 T. shortening	1/2 c. evaporated milk

Sprinkle both sides of chops with sage and pepper. Brown slowly in shortening. Pour off drippings, add consomme and onions. Cover tightly and simmer for about 45 minutes. Place chops on warm platter. Combine flour and evaporated milk, stir into mixture in skillet. Heat and stir until hot and thickened. Serve over chops.

DICED FRENCH FRIED POTATOES

1 qt. diced raw potatoes	1/3 c. shortening
	1 1/2 t. salt

Cut potatoes in 1/2 inch cubes. Melt shortening in large skillet. Add potatoes. Fry quickly, turn often, until crisp and brown, about 20 minutes or till done. Sprinkle with salt and serve at once. 4 servings.

HEAVENLY CHEESE PIE

1 1/2 c. graham cracker crumbs	2 T. brown sugar
	1/8 t. nutmeg
1/3 c. butter	

Combine all ingredients and press on bottom and sides of a 9 inch greased pie plate. Reserve 2 T. for top of pie. Chill pie shell well.

Filling:

2 egg whites	2 egg yolks
1/4 c. brown sugar	1 c. chocolate bits, melted
1/2 pound cream cheese, softened	1 c. heavy cream, whipped
1/4 c. brown sugar	1 t. vanilla
Dash salt	

Beat egg whites until stiff, but not dry. Beat in the first 1/4 c. sugar gradually until mixture is stiff and glossy. Blend in mixer bowl the cream cheese and the other 1/4 c. brown sugar and the salt. Beat in the egg yolks, one at a time. Add the melted chocolate. Fold in the egg white mixture, the whipped cream and vanilla. Pour in chilled shell. Sprinkle reserved crumb mixture on top. Chill overnight in refrigerator.

July 4, 1960

STUFFED CHICKEN BREASTS
(Menu for a Holiday)

4 boned chicken breasts	4 green onions, with tops, chopped
4 slices boiled ham	1 can sliced mushrooms
Accent	2 T. flour
6 slices bread, cubed	1/2 t. salt
1/2 t. sage	1/2 t. paprika
1/4 c. butter	1 c. chicken broth
1/2 t. grated onion	1/2 c. sour cream
3 T. butter	

Sprinkle chicken breasts with Accent, cover with slice of ham. Let stand while preparing dressing. Combine bread, sage, butter and onion. Divide evenly over ham. Roll up and fasten with small skewers or toothpicks. Season on all sides with salt and pepper. Heat the 3 T. butter and saute chicken breasts until nicely browned on all sides. Place in baking pan, cover with heavy ALCOA Aluminum Foil. Bake at 325 degrees for 1 hour or till chicken is very tender. Add onions and mushrooms to skillet and heat, blend in flour and seasonings, add broth and stir until mixture is thickened. Add sour cream, heat but do not boil. Pour sauce over chicken breasts. Serves 4.

MENU: Half a Grapefruit, Stuffed Chicken Breast on Toast, Fresh Peas, Jellied Cranberry Sauce, Celery and Olives, Coconut Angel Food Cake with Quick Butter Frosting.

COCONUT ANGEL CAKE

1 c. cake flour	1 1/2 t. cream of tartar
1 1/2 c. sifted confectioners sugar	1/4 t. salt
	1 1/2 t. almond flavoring
1 1/2 c. egg whites (10 to 12)	1 c. flaked coconut
	1 c. granulated sugar

Sift cake flour and confectioners sugar. Place egg whites, cream of tartar and salt in large mixing bowl, beat till foamy. Add granulated sugar gradually. Beat until meringue holds stiff peaks. Fold in flavoring. Sift flour-sugar mixture gradually over meringue. Fold in gently just until mixture disappears. Fold in 1/2 c. coconut, then fold in remaining coconut. Push batter into ungreased 10 inch tube pan. Gently cut through batter with knife. Bake at 375 degrees for 30 to 35 minutes or until done. Invert on funnel. Hang until cold. Remove from pan. Frost with Quick Butter Frosting.

QUICK BUTTER FROSTING: Cream 1/2 c. butter, gradually add 3 3/4 c. sifted confectioners sugar alternately with 4 to 5 T. cream. Beat until smooth, add 1 1/2 t. vanilla.

July 5, 1960

BAKED FRANKFURTER AND POTATO SALAD

6 cooked potatoes, cut into 1/2 inch cubes	1/3 c. water
	1/4 c. vinegar
2 T. diced pimiento	1 T. sugar
1/4 t. celery seed	2 t. flour
2 T. shortening	1 1/2 t. salt
1/4 c. chopped onion	1/4 t. pepper
1/4 c. chopped green pepper	7 MAPLECREST frankfurters
6 slices bacon	

Baked Frankfurter and Potato Salad (Cont.)

Combine potatoes, pimiento and celery seed. Place in a greased 1 1/2 quart casserole. Melt shortening, add onion and green pepper and saute till tender. Combine water, vinegar, sugar, flour, salt and pepper. Blend till all ingredients are well mixed. Add to the onion and green pepper. Cook until mixture thickens. Add to the potato mixture and toss lightly. Wrap the frankfurters in bacon. Secure the ends of the bacon with toothpicks. Arrange on the potato salad. Bake uncovered at 400 degrees for 30 minutes or until bacon is crisp. 4 servings.

RICH BROWNIES (Cookie of the Week)

3 eggs	3 squares chocolate, melted
1/3 c. butter	
1 1/2 c. sugar	1/3 c. milk
3/4 c. flour	1 t. vanilla
1/2 t. salt	1 c. chopped nuts

Beat eggs until very light. Cream butter, add sugar. Sift flour and salt. Add the cooled chocolate and beaten eggs. Add the flour mixture alternately with the milk to which vanilla has been added. Stir in nuts. Pour into greased 8x8x2 inch pan. Bake at 375 degrees for 35 to 40 minutes. Cool in pan. Cut into 16 squares.

July 6, 1960

GREEN PEPPER STEAK

1 1/2 pounds flank or round steak	1 onion, chopped
	1/4 c. shortening
1/4 c. flour	1 can tomato soup
1/2 t. salt	1/4 c. water
1/4 t. pepper	1/2 t. salt
1 green pepper, cut into strips	

Combine flour and seasonings. Pound flour into steak. Cut meat into 4 pieces. Cook green pepper and onion in shortening. Remove from skillet and brown meat. Add pepper and onion to meat, add remaining ingredients. Cover and simmer 1 hour or till tender.

LEMON COCONUT COOKIES (A Quickee)

1 pkg. white cake mix	1 egg
1 t. grated lemon rind	1/4 c. soft butter
2 T. water	1/2 c. flaked coconut

Spoon about half the cake mix into mixing bowl. Add water, egg and butter. Blend well. Add remaining mix and beat till smooth. Stir in coconut. Drop by spoonfuls onto lightly greased baking sheets. Bake at 375 degrees for about 12 minutes. Makes 4 dozen.

CHOCOLATE MARLOW
(A nice dessert--whipped evaporated milk--not too rich in calories)

1/4 pound marshmallows	1/2 t. vanilla
1/3 c. evaporated milk	2/3 c. graham cracker crumbs
1/3 c. chocolate bits	
2/3 c. evaporated milk, chilled icy cold	

Melt marshmallows in the 1/3 c. evaporated milk over hot water. Remove from heat and blend in chocolate bits. Stir in vanilla. Cool mixture until it begins to thicken. Line bottom of freezing tray with half the crumbs. Whip chilled evaporated milk till stiff. Fold in cooled marshmallow mixture. Pour at once into freezing tray, sprinkle with remaining crumbs and freeze immediately. Makes 1 quart. 4 to 6 servings.

July 7, 1960 I.G.A. DAY

BARBECUED RIBS
(Delicious sauce the success secret)

3 to 4 pounds ribs, cut in pieces	1/3 c. Worcestershire sauce
1 lemon	1 t. salt
1 large onion	1 t. chili powder
1 c. ketchup	4 dashes Tabasco sauce
1 3/4 c. water	

Place ribs in shallow roasting pan, meaty side up. On each piece place a slice of onion and a

Barbecued Ribs (Cont.)

slice of lemon. Roast in very hot oven 450 degrees 30 minutes. Pour off excess fat if necessary. Combine remaining ingredients, bring to a boil and pour over ribs. Continue baking at 350 degrees till tender for about 45 minutes to 1 hour.

I.G.A. FEATURE ITEM: RIB STEAKS--tender and delicious--broil or pan-broil to your liking. To pan-broil, score fat on edge of steak to prevent curling during cooking. Place in a preheated heavy frying pan or grill. Do not use fat in pan. Turn meat occasionally. Cook to desired degree of doneness, pour off fat as it accumulates. Turn meat occasionally to cook uniformly. Total cooking time for steaks about 3/4 inch thick is about 6 minutes for rare, 10 minutes for medium, and 15 minutes for well done. When doing steaks over charcoal grill place them in folding wire toaster to keep from curling and to facilitate turning. Serve with hashed brown potatoes, tomato slices, green beans.

GOLDEN CAKE
(Using egg yolks left over from angel cake--a delicious high sponge type of cake. . .When having a party or buffet, make both cakes.)

1 c. egg yolks (about 1 dozen)	1 1/4 t. baking powder
	1/4 t. salt
1 whole egg	1 t. vanilla
1 1/4 c. sugar	1 t. lemon extract
1 1/4 c. flour	6 T. water

Beat egg yolks and whole egg until very thick and lemon colored. (Success of cake depends upon thorough beating.) Add sugar gradually and continue beating. Sift flour, baking powder and salt. Add to eggs. Combine vanilla, lemon and water, beat into first mixture. Pour at once into ungreased 10 inch tube pan. Bake at 350 degrees for 1 hour. Frost as desired.

July 8, 1960

HAM KEBABS

1 1/4 pounds smoked ham slice (1" thick)	8 spiced crabapples
	8 pineapple chunks

Cut ham into 20 1-inch cubes. Alternate ham cubes, crabapples and pineapple chunks on 4 skewers. Place kebabs on broiler pan so that surface of kebabs is 5 inches from heat. Broil for 5 to 8 minutes on one side, turn and broil for 4 to 5 minutes on other side. Serves 4.

SWEET POTATO SPECIAL: Allow 1/2 tomato for each person. Cut tomatoes in half. On top of each tomato place 1/3 c. of well seasoned mashed sweet potatoes. Brush with melted butter and place on broiler pan when kebabs are turned. Broil 4 to 5 minutes.

CALIFORNIA RICE PUDDING

1 2/3 c. evaporated milk, undiluted	1/4 t. salt
	1 t. nutmeg
1 c. water	1 1/2 t. vanilla
2 eggs	2 c. cooked rice
1/2 c. sugar	3/4 c. shredded coconut

Beat milk, water, eggs, sugar, salt and flavorings until smooth. Pour over rice and 1/4 c. of the coconut in a 1 1/2 quart casserole. Stir. Place casserole in pan of hot water. Bake at 350 degrees for 30 minutes, stir lightly. Bake 15 minutes longer. Top with remaining coconut and bake 15 minutes more. Sprinkle with more nutmeg if desired. Chill thoroughly before serving. Serves 6.

BUTTERSCOTCH THINS

3 1/4 c. flour	1/2 c. shortening
3/4 t. salt	2/3 c. granulated sugar
3/4 t. soda	1 1/3 c. brown sugar
3/4 t. cinnamon	2 eggs
1/2 c. butter	1 t. almond flavoring

Sift together first 4 ingredients. Cream butter and shortening, add sugars and cream well. Beat in eggs and flavoring. Add the flour mixture. Turn dough into a loaf pan about 9" x 5" x 3" that has been lined with waxed paper. Chill overnight. Remove dough from pan, cut in half lengthwise, then slice dough about 1/8 inch thick. Place on ungreased cookie sheets and bake at 400 degrees for 7 to 9 minutes or until done. Makes 6 dozen.

WROC - Television
Channel 5

TRUDY McNALL'S HOME COOKING RECIPES

July 11 - 22, 1960

Weekdays
9:30 A.M.

July 11, 1960

CHICKEN BAKED PORK CHOPS

6 thick pork chops	1 c. Minute Rice
1 t. salt	1 can cream of chicken soup
1/8 t. pepper	1 c. milk
2 T. shortening	

Brown chops in shortening, season. Place in baking dish or casserole. Cover with rice. Combine soup and milk, pour over chops and rice being careful to cover all rice with liquid. Cover tightly. Bake at 350 degrees for 1 1/4 hours.

DELICIOUS CAKE

3 c. cake flour	2 c. sugar
1 t. baking powder	3 eggs
1/8 t. salt	1 t. vanilla
1/2 c. butter	1 c. milk
1/2 c. shortening	*Just Plain Icing

Sift flour, baking powder and salt. Cream butter and shortening, add sugar and beat till light and fluffy. Add eggs one at a time, beating well after each addition. Add sifted dry ingredients alternately with milk. Pour into greased and floured 9 inch tube pan and bake at 350 degrees for 1 hour and 10 minutes or till done. Frost with Just Plain Icing.

*JUST PLAIN ICING: Cream 2 T. butter, add 1 1/2 c. sifted confectioners sugar, 2 T. milk, 1 t. vanilla and 2 T. marshmallow creme. Beat until light and fluffy.

KETTLE COOKED CORN ON COB

Remove husks and silk from corn. Rinse. Cover with boiling salted water. Simmer for 6 minutes. DO NOT OVERCOOK. Tip: Put a teaspoonful of sugar in the water. Seems to make the corn sweeter.

GRAPEFRUIT FIG SALAD

1 pkg. cherry Jello	1 (1 lb. 1 ounce) jar canned figs, well drained and cut into eighths
1 c. hot water	
1 c. cold grapefruit juice	
3/4 c. chopped celery	Salad greens

Dissolve Jello in hot water, add cold grapefruit juice. Chill until mixture begins to thicken, add figs and celery. Pour into 6 individual oiled molds. Chill until firm. Unmold on crisp salad greens. Serve with mayonnaise.

July 12, 1960

HAM AND EGG NESTS

(This is a real quickee and so good for luncheon)

2 c. grated American cheese	1 1/2 c. crushed potato chips
4 eggs	1 c. chopped cooked ham

Mix cheese, potato chips and ham. Press down in greased baking dish. Make four indentations in the mixture. Break an egg into each. Bake at 350 degrees for 15 minutes or till egg is set. Serves 4.

CABBAGE PINEAPPLE SALAD

2 c. shredded cabbage	2 T. pineapple juice
1 c. pineapple chunks	1 t. prepared mustard
1/3 c. mayonnaise	1/4 t. salt

Combine mayonnaise, pineapple juice, mustard and salt. Toss pineapple with cabbage. Add dressing and toss lightly. Serve chilled on lettuce. Makes 4 or 5 servings.

FROZEN LEMON CREAM PIE

3 eggs	1 c. heavy cream
3/4 c. sugar	1 1/4 c. graham cracker crumbs (about 15 graham crackers)
1/4 t. salt	
1/4 c. lemon juice	
1/4 c. soft butter	

Frozen Lemon Cream Pie (Cont.)

Beat one whole egg and 2 egg yolks. Reserve remaining 2 egg whites. Add 1/2 c. sugar, salt and lemon juice to eggs. Cook over hot water, stirring constantly until thickened. Cool. Beat egg whites until stiff. Combine with heavy cream whipped. Add softened butter and 1/4 c. sugar to cracker crumbs. Blend well. Press half the crumb mixture firmly into bottom of refrigerator tray. Pour lemon mixture on top and top with remaining crumbs. Freeze until firm. To serve, cut into wedge-shaped triangles. Serves 6.

July 13, 1960

HAMBURGERS PARMIGIANA

2 pounds ground beef	Melted butter
1 t. salt	6 T. tomato paste
1/8 t. pepper	6 large onion slices
1 egg	12 thin slices of Mozzarella cheese
1 T. Worcestershire sauce	Parmesan cheese, grated

Combine beef, salt, pepper, egg and Worcestershire sauce. Mix well. Shape into a square 1 inch thick. Cut into 6 squares. Place squares on broiler rack so that meat is 4 inches from flame. Brush with butter. Broil for about 6 minutes. Turn, brush again with butter and broil 3 minutes. Spread with tomato paste, top with onion and cheese, sprinkle with Parmesan cheese. Broil 3 minutes or till cheese melts and browns.

POTATO PUFFS

1 egg, separated	3 T. minced parsley
3 c. mashed potatoes, seasoned	3/4 t. salt
1/4 c. hot milk	Dash pepper
1 1/2 t. minced onion	Melted butter

Beat egg white until stiff. Beat egg yolk, add to potatoes with milk, onion, parsley, salt and pepper. Fold egg white into mixture. Form into 6 mounds on a sheet of ALCOA ALUMINUM FOIL. Place on broiler rack when hamburgers are turned. Brush with melted butter. Broil 6 minutes.

RASPBERRY CREAM PIE

9 inch baked pie shell	1/8 t. salt
3 T. cornstarch	2 c. milk
3 T. cold water	1 t. vanilla
3 eggs	*Raspberry Glaze
1/3 c. sugar	

Combine cornstarch, water, eggs, sugar and salt. Stir in milk. Cook until thickened stirring constantly. Cool, add vanilla. Pour into baked pie shell and spoon Raspberry Glaze over top. Chill for several hours or overnight before serving.

Raspberry Glaze:

1 pint raspberries	2 1/2 T. cornstarch
1/2 c. water	1/2 c. sugar

Cook 1/2 c. of the berries in water till tender, about 5 minutes. Blend cornstarch and sugar, add to hot mixture. Cook until glaze is thick and clear, about 5 minutes. Stir frequently, add remaining berries and cool.

July 14, 1960 I.G.A. DAY

STEAK 'N POTATO SUPPER

1 1/2 pounds round steak, 1/2 inch thick	1 can beef broth
1/4 c. flour	4 medium potatoes, pared and cut in 1/4 inch slices
2 t. salt	
1/4 t. pepper	2 medium onions, sliced thin
2 T. shortening	
Parsley	

Steak 'n Potato Supper (Cont.)

Cut steak in serving size pieces. Combine flour, salt and pepper; coat meat with flour mixture. In skillet brown meat slowly in shortening. Add broth. Cover tightly and simmer for 30 minutes or till almost tender. Place potato and onion slices over meat, season with salt and pepper. Cover tightly and cook slowly about 35 minutes. Sprinkle with parsley. Serves 6.

PEACH GINGERALE SALAD

1 pkg. lemon or lime gelatin	1/4 c. chopped nuts
1 c. hot water	1/4 c. chopped celery
1 c. gingerale	1 c. drained diced peaches

Dissolve gelatin in hot water. Cool. Add gingerale. Chill until slightly thickened. Fold in nuts, celery and peaches. Turn into individual molds and chill until firm. Unmold on crisp greens. Makes 6 servings. Note: Use fresh peaches when in season.

LINDA'S CHOCOLATE CAKE

(from Marie Halpin)

1/2 c. shortening	6 t. vinegar
2 c. brown sugar	1 c. cold water
2 eggs	2 c. cake flour
2 squares chocolate, melted and cooled	Pinch salt
	1 t. soda
1 t. vanilla	

Cream shortening and sugar, add eggs and mix well, stir in chocolate. Combine vinegar and cold water, add alternately with cake flour which has been sifted with salt and soda. Add vanilla. Pour into 2 greased and floured 9 inch layer cake pans. Bake at 350 degrees for 25 to 30 minutes or till done.

WHITE VELVET FROSTING

2 T. flour	1/2 c. butter
1/4 t. salt	1/2 c. shortening
1 c. milk	1 c. granulated sugar
1 t. vanilla	

Combine flour, salt and milk. Cook until thick, stirring constantly. Cool. Cream together butter, shortening, sugar and vanilla. Add paste. Beat till fluffy.

July 15, 1960

Guest demonstrator from Bureau of Fisheries, Miss Barbara Jacques. Miss Jacques will demonstrate several fish recipes including Grilled Lake Trout, White Fish in Foil, and Barbecued Halibut as time permits.

July 18, 1960

TWIN MEAT LOAVES

1 1/2 pounds ground beef	1/4 t. dry mustard
1/2 pound ground pork	1 T. Worcestershire sauce
1/4 c. chopped onion	4 slices soft bread, cubed
2 T. chopped celery	
2 t. salt	1/2 c. milk
1/2 t. sage or poultry seasoning	2 eggs
	1/2 c. dry bread crumbs
1/4 t. pepper	1 c. chili sauce

Combine beef and pork, add onion, celery and seasonings. Soak bread in milk; add eggs and blend well. Combine meat and egg mixtures. (Mixture will be moist.) Shape meat into 2 loaves. Roll in dry bread crumbs. Place loaves on ALCOA ALUMINUM FOIL on a rack in a shallow pan. Spread chili sauce over each loaf. Bake at 350 degrees for 1 1/2 hours or till done. Serves 6.

IS THERE A BABY AT YOUR HOUSE? Baby will just love BIRDS EYE FROZEN INSTANT BABY FOODS--the greatest advance in baby foods in 30 years. Available in Fruits, Vegetables, Soups, Desserts, and High Meat Dinners. At last. . .your baby can have foods which combine natural fresh flavor and color, important natural vitamins and valuable protein quality.

DELICIOUS SOUR CREAM POTATO SALAD

6 medium sized cooked potatoes, cubed
1/3 c. French dressing
1 medium onion, chopped
1/2 clove garlic, crushed
2 T. minced parsley
2 hard cooked eggs, chopped
1/2 c. chopped celery
1/2 c. sliced radishes
1/2 c. Dairy Sour Cream
Tomato wedges

Marinate potatoes in French dressing while still warm. Chill. When cold add remaining ingredients except tomatoes. Serve garnished with tomato wedges. Serves 6.

ORANGE CLOUD PIE

1 T. unflavored gelatin
3/4 c. sugar
Dash salt
1 c. water
3 egg yolks
1 T. grated orange rind
3 egg whites
1 baked 9 inch pie shell
1/2 c. heavy cream, whipped
3/4 c. (6 ounce can) frozen orange juice, undiluted

Soften gelatin in water. Add 1/2 c. sugar and salt. Place over boiling water or low heat until gelatin is dissolved. Add gradually to slightly beaten egg yolks and return to top of double boiler. Cook until mixture is of custard consistency. Remove from heat, add orange juice and rind and blend. Chill until mixture begins to thicken. Beat egg whites until foamy, add remaining 1/4 c. sugar and beat until a stiff meringue is formed. Fold into slightly thickened orange mixture. Pour into pie shell. Chill until firm. Spread with sweetened whipped cream and garnish with sliced toasted almonds if desired.

July 19, 1960

LAMB-CHOP GRILL

5 1-inch lamb chops
Tiny canned or cooked potatoes
Melted butter
1/2 pound brown-and-serve sausage
2 tomatoes
1/2 c. soft bread crumbs
1/4 c. shredded process American cheese
10 slices bacon

Score fat edge of each chop. String potatoes on skewers and brush with butter, sprinkle with salt, pepper, paprika. Place chops and potatoes on broiler rack and broil 4 inches from heat for 10 minutes. Season chops, turn chops and potatoes. Add sausage links and broil 5 minutes. Meanwhile halve tomatoes; score cut surface making 1/2 inch squares. Mix crumbs and cheese; sprinkle on tomatoes. Arrange tomatoes on broiler rack and place bacon slices atop chops. Turn sausage, butter potatoes again. Broil about 5 minutes more. Serves 4. (Extra chop for dad.)

CHECKERED MARBLE CAKE

2 1/2 c. cake flour
2 1/2 t. baking powder
1 t. salt
1/3 c. butter
1/3 c. shortening
1 1/2 c. sugar
3 eggs
1 c. milk
1 1/2 t. vanilla
2 squares unsweetened chocolate
1/8 t. soda
1 T. milk
1 t. orange extract
1 T. orange rind
*Chocolate butter icing

Sift flour, baking powder and salt. Cream butter and shortening, add sugar and beat until light and fluffy. Add eggs; blend well. Fold in the dry ingredients alternately with the 1 c. milk to which vanilla has been added. Divide batter into 2 equal portions. Blend melted chocolate, baking soda and the 1 T. milk, add to 1/2 of the batter. To other half add orange extract and orange rind. Grease and flour 2 9-inch layer cake pans. Place checkerboard form in pan or use 2 lengths of waxed paper, one 10 inches long and the other 19 inches long. Fold these into several thicknesses and form into rings (1 small ring and 1 large ring). Overlap ends and fasten with paper clips. Place these so that they divide the pan in 3 round sections. Place alternating colors of batter in these forms so that one pan has two

Checkered Marble Cake (Cont.)

alternating sections of chocolate batter and the other has 2 alternating sections of orange batter. When baked and the layers are put together it makes a checkerboard cake. Bake at 350 degrees for 25 to 30 minutes or till done. Frost with Chocolate Butter Icing.

CHOCOLATE BUTTER ICING: Scald 6 T. milk, add 3 c. sifted confectioners sugar and beat till smooth. Add 3 squares melted chocolate, melted with 6 T. butter. Add 1 t. vanilla, beat till well blended.

July 20, 1960

MARIE'S ROLLED STUFFED CHUCK STEAK
(from Marie Halpin)

1 chuck steak, cut 1 inch thick
1 1/2 c. soft bread crumbs
2 t. salt
1/4 t. pepper
1/2 t. thyme
1 t. grated lemon rind
2 T. butter
1 c. celery
1 T. onion, minced
2 T. flour
2 T. shortening
1/2 c. water

Bone meat. Combine bread crumbs, 1 T. of the salt, pepper, thyme and lemon rind. Saute celery and onion in butter until tender. Add to bread mixture. Toss lightly. Spread on meat, roll up and tie. Rub with flour. Brown in skillet. Add water and remaining salt. Cover tightly and simmer till tender, about 2 to 2 1/2 hours or till tender. Garnish with watercress and lemon slices. Makes 4 to 6 servings.

QUICK CHOCOLATE OATMEAL COOKIES
(Cookie of the Week)

1 c. flour
1/2 t. salt
1/2 t. soda
1/2 c. brown sugar
1/2 c. white sugar
1/2 c. shortening
1 egg
1 T. water
1 t. vanilla
2 squares unsweetened chocolate, melted
1 c. rolled oats
1/2 c. chopped nuts

Sift flour, salt and soda. Add all other ingredients except rolled oats and nuts. Beat until blended. Add oats and nuts. Mix well. Form into balls and flatten with spatula. Bake on ungreased baking sheet at 350 degrees for 10 to 12 minutes. Makes 2 dozen.

MAGIC CREAM PUFFS
(Baking powder is the magic ingredient in these cream puffs.)

1/2 c. water
1/4 c. butter
1/8 t. salt
1/2 c. flour
1/2 t. baking powder
2 eggs

Combine water, butter and salt. When butter is melted and mixture boils, add flour, sifted with baking powder all at once and cook, stirring constantly until mixture forms a stiff ball. Remove from heat and add eggs one at a time, beating vigorously after each addition. Spoon into mounds on lightly greased cookie sheet and bake at 400 degrees for 35 minutes or till done. Makes 6 very large cream puffs. Fill as desired with ice cream, cream filling, or whipped cream, or use for main course filled with chicken salad or creamed chicken.

July 21, 1960 I.G.A. DAY

CHICKEN PUFF

1/3 c. flour
1 t. salt
1 t. sage
1/4 t. pepper
1 t. paprika
1 frying chicken, cut up or favorite parts
1/2 c. shortening, melted
3 eggs, slightly beaten
1 c. evaporated milk
1/2 c. water
1 c. flour
1 t. baking powder
1 t. salt

Chicken Puff (Cont.)

Combine the 1/3 c. flour, the 1 t. salt, sage, pepper and paprika. Coat chicken with this mixture. Pour melted shortening in shallow baking dish, place chicken skin side down in dish. Bake uncovered at 400 degrees for 30 minutes. Turn chicken, drain drippings and save 1/4 c. Mix drippings, eggs, evaporated milk and water. Sift flour, baking powder and the other 1 t. salt over the milk mixture and stir until flour disappears. Pour batter over chicken and bake at 375 degrees for 35 to 40 minutes or till golden brown.

APPLESAUCE CAKE WITH LEMON BUTTER ICING

1/2 c. shortening
2 c. sugar
2 eggs
1 1/2 c. applesauce
2 7/8 c. cake flour
1 1/2 t. soda
1 1/2 t. salt
3/4 t. cinnamon
1/2 t. cloves
1/2 t. allspice
1/2 c. chopped walnuts
1 c. raisins
1/2 c. water

Cream shortening and sugar, add eggs and mix well. Add applesauce. Sift cake flour, soda, salt and spices. Add nuts and raisins to dry ingredients. Add dry ingredients alternately with water to applesauce mixture. Pour into 13 x 9 inch pan which has been greased and floured. Bake at 350 degrees for 45 to 50 minutes. Frost when cool.

LEMON BUTTER ICING: Blend 2 c. sifted confectioners sugar, 1/4 c. butter, 2 T. lemon juice and 2 T. lemon rind. Beat till smooth.

July 22, 1960

JIFFY CHEESEFURTERS

Split 1 pound MAPLECREST Frankfurters lengthwise, cutting only about 3/4 of the way through. Place in shallow baking dish. Spread cut surface with one 6 ounce roll process cheese food. Crush one 3-ounce package corn chips. Sprinkle generously over cheese. Bake at 350 degrees for 15 minutes or till heated through.

HOT POTATO SALAD

6 slices bacon, chopped
1/4 c. chopped onion
1 T. flour
1 T. sugar
1 1/2 t. salt
Dash pepper
1/3 c. vinegar
1/4 c. water
3 T. salad dressing
4 c. sliced or diced potatoes (4 medium)
3/4 t. salt

Cook bacon till crisp; add onion and cook until soft but not brown. Blend in flour, sugar, 1 1/2 t. salt and pepper. Add vinegar and water; cook stirring constantly till thick. Remove from heat, stir in salad dressing. Sprinkle potatoes with salt, pour dressing over and toss lightly. Garnish with slices of hard cooked egg if desired and paprika and parsley.

FUDGE CUPCAKES

2/3 c. brown sugar
1/3 c. milk
2 squares unsweetened chocolate
1/3 c. shortening
2/3 c. brown sugar
2 eggs
1 1/3 c. flour
1/2 t. soda
1/2 t. salt
1/2 c. milk
1 t. vanilla

Heat 2/3 c. brown sugar, 1/3 c. milk and chocolate in double boiler until chocolate is melted. Cool. Cream shortening and 2/3 c. brown sugar, add eggs and beat well. Sift dry ingredients, add alternately with 1/2 c. milk. Add vanilla and chocolate mixture. Fill paper-lined cupcake pans 1/2 full. Bake at 375 degrees for 20 minutes. Makes 1 1/2 dozen. Frost tops with chocolate glaze.

CHOCOLATE GLAZE: Heat 1/4 c. water, 2 T. butter, 1/2 t. vanilla and 2 squares chocolate, stir till melted. Add 2 c. confectioners sugar. Beat till of spreading consistency.

WROC - Television
Channel 5

TRUDY McNALL'S
HOME COOKING RECIPES

July 25, 1960 - August 5, 1960

Weekdays
9:30 A.M.

July 25, 1960

BARBECUED BEEF-STEAK STRIPS

2 pounds round steak, 1/2 inch thick
3 T. prepared mustard
2 T. flour
1/3 c. shortening
1 clove garlic, minced
1/2 c. chopped onion
1/4 c. chopped celery
2 T. chopped parsley
1 8 oz. can tomato sauce
1/4 c. vinegar
1 1/2 c. water
2 T. brown sugar
1/2 t. salt

Cut meat into strips about 3 x 1 1/2 inches. Toss in bowl with mustard; roll in flour. Brown in hot shortening. Move strips to one side of skillet, brown onion and garlic. Stir in remaining ingredients; bring to a boil. Simmer covered for 15 minutes, uncover and simmer for 1 1/2 hours or until meat is tender and sauce is thickened. Serve with hot fluffy rice. Makes 6 servings.

GREEN AND RED SLAW WITH DELICIOUS DRESSING

4 c. shredded cabbage
1/2 c. diced green pepper
2 tomatoes, diced
1/4 c. thinly sliced onion
1/2 t. salt
1/8 t. pepper
*Delicious Dressing
Watercress

Combine cabbage, green pepper, tomatoes, onion, salt, pepper and delicious dressing. Serve garnished with watercress. *Delicious Dressing: Combine 1/2 c. evaporated milk, 1/2 c. salad oil, 3 T. vinegar, 1/4 t. salt, 1/8 t. dry mustard, dash pepper and 1/2 t. marjoram. Shake vigorously in jar until smooth and creamy.

FLUFFY RASPBERRY PIE

4 1/2 T. cornstarch
3/4 c. sugar
1 1/2 c. boiling water
3 egg whites
1/4 t. salt
3 T. sugar
1/2 pint fresh raspberries, sweetened or 1 pkg. frozen, drained
1 T. lemon juice
1 t. lemon rind
1/2 c. heavy cream, whipped (optional)
8 inch baked pie shell

Combine cornstarch and sugar in saucepan. Add boiling water, stirring constantly. Cook on medium heat until thick and clear. Add salt to egg whites and beat until stiff. Add the 3 T. sugar gradually beating until egg whites are creamy. Pour hot cornstarch mixture slowly over egg whites beating constantly. Cool. Fold in raspberries, lemon juice and rind. Pour into baked pie shell. Chill in refrigerator for at least 2 hours before serving. Garnish with whipped cream if desired. THIS PIE WILL FREEZE.

July 26, 1960

HOT-DOG ROLL-UPS

2 c. biscuit mix
2/3 c. milk
1/4 c. prepared hot-dog relish
1 pound MAPLECREST Frankfurters
1/2 c. chili sauce

Combine biscuit mix and milk; stir to make soft dough. Turn out on lightly floured surface and knead lightly for about 1/2 minute. Roll dough to rectangle about 16 x 8, cut in half lengthwise; cut halves 3 times crosswise to make 8 squares 4 x 4. Spread about 1 1/2 t. of hot-dog relish on each square of dough, place a frankfurter on top, wrap dough around it, sealing seam by pinching; place seam side down on ungreased baking sheet. Bake at 450 degrees for 10 to 15 minutes or until golden brown. Heat chili sauce and serve over hot franks.

FLUFFY LEMON DESSERT

(A delicate, light dessert—wonderful for summer refreshment.)

1 T. unflavored gelatin
1/2 c. cold water
3 egg yolks
1/2 c. sugar
1/2 t. salt
1/2 t. grated lemon rind
1/2 c. lemon juice
1 c. marshmallow creme
3 egg whites
1/4 c. sugar

Soften gelatin in cold water. In top of double boiler combine egg yolks, slightly beaten, 1/2 c. sugar, salt, lemon rind and juice. Cook over hot water until thick, stirring constantly. Remove from heat; add gelatin, stir till dissolved. Add marshmallow creme; cool. Beat egg whites till soft peaks form; gradually add 1/4 c. sugar, beating till stiff peaks form. Fold into gelatin mixture. Pour into 8 x 8 x 2 inch pan; chill till firm. To serve spread with sweetened whipped cream and sprinkle with coconut or nuts. Cut in squares. Makes 9 servings.

CHOCOLATE CHIP OATMEAL CRISPIES

(Cookie of the Week)

1 c. shortening
1 c. brown sugar
1 c. white sugar
2 eggs
1 1/2 c. flour
1 t. salt
1 t. soda
3 c. quick cooking rolled oats
1 c. chocolate bits
1/2 c. chopped walnuts
1 t. vanilla

Cream shortening and sugars, add eggs. Sift flour, salt and soda, add to first mixture. Stir in remaining ingredients. Drop from a teaspoon onto lightly greased baking sheet. Bake at 350 degrees for 10 to 12 minutes or till golden brown. Makes about 5 dozen.

July 27, 1960

GLAZED ORANGE ROLLS

(A small recipe making 2 dozen delicious rolls.)

1/4 c. shortening, butter or lard
1 t. salt
1/4 c. sugar
1 c. milk, scalded
1 package yeast, compressed or dry granular
1/4 c. lukewarm water
1 egg
3 1/2 c. flour

Place shortening, salt and sugar in bowl; add milk and allow to cool to lukewarm. Soften yeast in water and add with egg to cooled mixture. Stir in flour beating vigorously to blend. Brush top of dough and sides of bowl with melted butter. Cover and let rise in warm place for 1 1/2 to 2 hours or till doubled. Turn out on floured surface and knead lightly. Roll out to thin rectangle. Spread with the following mixture: 1/2 c. butter softened and blended with 1 c. sugar and the grated rind of 2 medium size oranges. Roll dough up as for jelly roll, cut into 1-inch slices and place in buttered muffin pans. Cover and let rise in warm place for about 1/2 hour. Bake in 425 degree oven for 12 to 14 minutes. While rolls are still hot, top with glaze made by simmering 1/2 c. sugar, 1/4 c. white corn syrup and 1/4 c. water together for 10 minutes, then adding grated rind of 1 orange and cooling before using. Makes 2 dozen.

BARBECUED CHICKEN

(Basic Recipe) For broiler halves.

INDOOR BROILER METHOD: Place chicken, skin side down, in shallow pan lined with Alcoa Aluminum Foil. Baste with sauce. Bake at 450 degrees for about 25 minutes or till lightly browned, reduce heat to 325 degrees, turn skin

Barbecued Chicken (Cont.)

side up; baste. Continue baking 25 to 35 minutes; baste frequently. To test for doneness, drumstick should twist easily out of thigh joint. Pieces should be fork tender. Serve with sauce drippings.

OUTDOOR METHOD: Hook wing tip behind shoulder joint into back. Brush with barbecue sauce. Place chicken skin side up on grate set 6 to 12 inches from heat. Cook slowly until tender, turning frequently and basting each time. Allow 45 minutes to 1 1/4 hours total cooking time. Test for doneness as described above.

BARBECUE SAUCE: Combine 1/2 c. salad oil, 3/4 c. vinegar or lemon juice, 1/4 c. water, 1 1/2 T. salt, 3 T. sugar and 1 1/2 t. Tabasco. Heat to boiling. Keep hot for basting chicken, mixing thoroughly before each basting.

Note: If you wish you can start broilers in the oven and finish them over charcoal.

July 28, 1960 I.G.A. DAY

SMOKED SHOULDER BUTT--OVEN GLAZED

Cover the butt with water and simmer until fork tender, about 40 minutes per pound. Remove from water and place in shallow baking pan. Make diagonal slashes three-quarters of an inch apart three-quarters of the way through the meat. Spread cut surfaces and top with prepared mustard, sprinkle with brown sugar. Bake at 350 degrees for 30 minutes or until meat is glazed. Note: You can arrange cooked sweet potatoes, cut in half, around meat; sprinkle them with brown sugar also and heat for 30 minutes.

PINEAPPLE PIE

1/2 c. sugar
1/2 c. pineapple juice
4 egg yolks
2 t. unflavored gelatin
1/4 c. cold water
1 1/4 c. crushed pineapple, drained
1/2 c. sugar
Whipped cream

Combine the 1/2 c. sugar with pineapple juice and slightly beaten egg yolks. Cook over hot water until sugar is completely dissolved and mixture is slightly thickened. Soften gelatin in cold water, add to hot custard mixture, stir until gelatin is dissolved. Remove from heat and pour into bowl, add crushed pineapple. Beat egg whites until stiff, beat in remaining 1/2 c. sugar and continue beating until stiff peaks are formed. Pour egg whites into hot mixture and fold until well blended. Pour into 9 inch baked pie shell. Let stand till cold and refrigerate several hours before serving. Spread top with thin layer of whipped cream before serving.

BARBECUED TURKEY

1 thawed turkey
1 c. butter, melted (or margarine)
1/2 c. lemon juice
1 t. Tabasco
1 T. minced onion
1/2 t. paprika
1/2 t. dry mustard
1 t. salt
Dash pepper
1 clove garlic, optional

Place turkey, breast side up, stuffed or unstuffed in a shallow roasting pan. Combine remaining ingredients. Stir until mixture comes to a boil, simmer for a few minutes. Brush turkey well with sauce. Roast uncovered at 325 degrees for 2 1/2 to 3 1/2 hours depending upon size of turkey. A 5-pound turkey will be done in 2 1/2 hours, an 8-pound turkey in 3 1/2 hours. Baste every 15 or 20 minutes with sauce.

July 29, 1960

CHEESE LONDON BROIL

1 pkg. frozen green beans, cooked	1 flank steak
1 pkg. frozen wax beans, cooked	4 T. softened blue cheese
	2 t. Worcestershire sauce

Place cooked vegetables in the bottom of the broiler pan. Place the broiler rack on the pan. Score the flank steak on both sides. Put on the broiler rack and place about 3 inches from heat. Broil 6 minutes, turn and broil about 3 minutes or until desired degree of doneness. Combine cheese and Worcestershire sauce, spread this on steak and broil 2 minutes. Carve in thin slices, crosswise and against the grain, a little on the diagonal. Serves 3 to 4.

OPEN FACED PEACH PIE

Crust--Mixer Method:

1 1/4 c. flour	1/2 c. shortening
1/2 t. salt	3 T. ice water

Into the large bowl of electric mixer, sift flour and salt. Add half the shortening and beat until mixture is very fine. Scrape bowl while beating. Add the remaining shortening and beat only until shortening is in large pieces, about 1 minute. Add the ice water gradually, adding just enough to have mixture hold together. Roll dough and line a 9 inch pie plate.

Filling:

3/4 c. sugar	1/2 c. sour cream
1/2 c. flour	12 large fresh peach halves
1/3 c. butter	2 T. lemon juice
2 T. tapioca	Nutmeg

Combine sugar, flour and butter and mix until crumbly. Sprinkle half of this mixture in the bottom of pastry-lined 9 inch pie plate. Place peaches, cut side down, over this. Top with tapioca mixed with the sour cream. Cover with remaining crumbs. Sprinkle with lemon juice and nutmeg. Bake at 425 degrees for 10 minutes then reduce temperature to 350 degrees for 30 minutes or until peaches are tender. THIS PIE WILL FREEZE.

August 1, 1960

SLOPPY JOE SANDWICH

1/4 c. butter	1 T. vinegar
2 pounds ground beef	1 8 ounce can tomato sauce
1 onion, chopped	2 t. Worcestershire sauce
1 t. garlic salt	1/2 c. grated Parmesan cheese
1 t. salt	
1/4 t. pepper	
1 1/2 T. dry mustard	

1 can whole kernel corn, drained

Brown meat, onions in butter. Add remaining ingredients. Simmer 15 to 20 minutes. Serve on buttered buns over a slice of tomato.

SPANISH CREAM WITH MELBA SAUCE

1 T. unflavored gelatin	2 c. milk
2 T. sugar	1 t. vanilla
Dash salt	2 egg whites
2 egg yolks	1/4 c. sugar

Combine gelatin, sugar and salt, beat together egg yolks and milk, combine 2 mixtures in top of double boiler, cook, stirring constantly until gelatin is dissolved and mixture begins to thicken. Add vanilla, chill to consistency of unbeaten egg white. Beat egg whites until stiff, add 1/4 c. sugar and beat well. Fold in gelatin mixture. Turn into a 4 cup or individual molds. Chill until firm. Serve with Melba Sauce.

MELBA SAUCE: In saucepan mash 1 pkg. thawed frozen raspberries, add 1/2 c. currant jelly and bring to a boil. Add 1 1/2 T. cornstarch mixed with 1 T. cold water. Cook until clear, stirring constantly. Cool. Serve over Spanish Cream.

August 2, 1960

BREADED PORK CHOPS

4 pork chops	1 T. shortening
1/4 c. flour	1 egg, slightly beaten
1 t. salt	2 T. milk or water
1/2 t. Accent	1 c. fine, dry bread or cracker crumbs
1/8 t. pepper	

1/2 c. tomato juice or water

Combine flour and seasonings, coat chops with this mixture. Dip chops in beaten egg and milk. Coat chops with bread crumbs. Brown in skillet in shortening on both sides, using medium heat. Add tomato juice or water. Cover and simmer for 50 to 60 minutes or till pork is tender. Note: Serve with double boiler creamed potatoes, fresh green beans, green salad, peach dessert cake.

PEACH DESSERT CAKE

1 c. flour	2 eggs
1 t. baking powder	1 t. grated lemon rind
1/4 t. salt	4 fresh peaches
1/2 c. shortening	1/3 c. sugar
1/2 c. sugar	1/2 t. cinnamon

1/4 c. chopped nuts

Sift flour, baking powder and salt. Cream shortening and sugar, add eggs and lemon rind and mix well. Add sifted dry ingredients. Spread 1/2 of the batter in greased 8 inch square pan. Peel, pit and slice peaches. Arrange on batter. Spread other half of batter on top. Combine the 1/3 c. sugar and cinnamon with walnuts. Sprinkle on top of batter. Bake at 350 degrees for 50 minutes. Cut into squares to serve. Serve with or without cream or ice cream.

August 3, 1960

Special Request...BRAISED LAMB SHANKS

4 lamb shanks	2 c. diced raw potato (1 inch cubes)
1/4 c. flour	1/2 c. diced celery
Salt and pepper	1 large onion, quartered
3 T. shortening	3/4 t. salt
2 c. water	

Dredge meat with seasoned flour. Brown in hot shortening. Transfer to casserole, add water, cover and bake at 350 degrees for 1 1/2 hours. Add potatoes, celery and onions, add more water if necessary and salt. Cover and bake for 45 minutes. Serve with glazed carrots, lettuce and tomato salad, chocolate nut crunch.

CHOCOLATE NUT CRUNCH

1/4 c. butter	1 c. confectioners sugar
2 c. vanilla wafer crumbs	3 egg yolks, well beaten
1 c. nuts, chopped	1 1/2 squares unsweetened chocolate, melted
1/2 c. butter	1/2 t. vanilla

3 egg whites, beaten stiff

Combine crumbs and nuts. To 1/2 of crumb mixture add 1/4 c. melted butter. Line bottom of 9 inch square pan. Cream the 1/2 c. butter and sugar; add egg yolks. Add chocolate and vanilla. Mix well. Fold in stiffly beaten egg whites. Spread over crumb mixture. Chill in refrigerator overnight. Cut in squares. Serves 9.

August 4, 1960 I.G.A. DAY

SWISS STEAK ROYAL (Fit for a King)

2 pounds round steak	1 t. dry mustard
1/4 c. flour	2 t. salt
2 c. sliced onions	1/2 c. water
2 T. shortening	1/2 c. cooked or canned tomatoes

Swiss Steak Royal (Cont.)

Pound flour into steak. Fry onion in hot fat, remove onion, brown steak. Cover with onions, add remaining ingredients. Cover and simmer for about 1 1/2 hours or till tender. Serves 4 to 6.

CHOCOLATE SUNDAE PIE

1 1/2 c. milk	3 egg whites, stiffly beaten
1/2 t. nutmeg	1 c. heavy cream, whipped
2 egg yolks	1/4 c. grated chocolate
1/2 c. sugar	1/2 t. vanilla
1/8 t. salt	1 9 inch baked pie shell
2 t. unflavored gelatin	
3 T. cold water	

Heat milk, nutmeg, in top of double boiler. Beat egg yolks with sugar and salt. Add hot milk gradually, place mixture in double boiler. Cook until mixture begins to thicken. Remove from heat, add softened gelatin. Add vanilla and chill until mixture begins to set. Fold in egg whites. Pour into pie shell and chill. Before serving spread whipped cream over top and sprinkle with grated chocolate.

August 5, 1960

FISH WITH LEMON SAUCE

1 small onion, chopped	Hot water
2 T. butter	1/4 t. mace
4 fish steaks, cut 1/2 inch thick (about 1 1/2 pounds)	2 T. minced parsley
	3 eggs, slightly beaten
	1/2 c. lemon juice

Saute onion in butter. Add fish and brown lightly on both sides. Add hot water to level of fish; sprinkle with mace and parsley. Cook on medium heat until fish is tender, about 15 minutes. Remove fish to platter; keep hot. Combine eggs and lemon juice; add the hot liquid from the skillet gradually, blend well. Return mixture to skillet. Cook until just thickened. Serve over fish. 4 servings.

VEGETABLE SALAD MOLD

1 1/2 T. unflavored gelatin	2 T. lemon juice
1 3/4 c. tomato juice	1 c. finely shredded cabbage
1/4 t. salt	1/2 c. diced celery
1 t. sugar	Lettuce
1/2 t. Worcestershire sauce	Celery curls

Sprinkle gelatin on 1/2 c. of the tomato juice, place over low heat, stirring constantly until gelatin is dissolved. Remove from heat, add remaining tomato juice, salt, sugar, Worcestershire sauce, and lemon juice. Chill until mixture begins to thicken. Fold in cabbage and celery. Turn into 6 well oiled molds, chill till firm. Unmold on lettuce and serve with mayonnaise and celery curls.

CHINESE ALMOND COOKIES

1/2 c. shortening or lard	1 1/2 t. almond extract
1/2 c. butter	3 c. flour
1 c. sugar	1 t. baking powder
3 egg yolks	1 egg white, slightly beaten

Blanched whole almonds

Cream shortening and butter, add sugar and cream well. Add egg yolks and almond extract. Sift flour and baking powder and add to sugar mixture, mixing well to form dough. DOUGH WILL BE CRUMBLY. Break off small bits of dough and shape into balls. Press down flat on cooky sheet to form little cookies about 1/2 inch thick. Dip almonds into egg white and press one into center of each cooky. Bake at 375 degrees 10 to 12 minutes or till lightly browned. Makes about 5 dozen.

WROC - Television
Channel 5

TRUDY McNALL'S
HOME COOKING RECIPES

August 8, 1960 - August 19, 1960

Weekdays
9:30 A.M.

FEATURING SPECIAL OUTDOOR COOKERY MENUS

August 8, 1960

THE ALL AMERICAN HAMBURG

First: Select ground beef of good quality. I like lean chuck, round, a piece of the rump, or top sirloin. When you shop allow about 1/2 pound per person. Second: Hamburg must be treated tenderly. Mold the meat together with your hands only enough to make them hold together. Do not press or pat or force the meat into compact patties. Always make your hamburgs thick rather than large in diameter. Third: Broil quickly until brown on one side. Do not press the patties with spatula while cooking. This forces out juices. Turn and broil on other side. Sprinkle with salt and pepper after turning. I do not season before cooking and this tends to make hamburg drier. Treat as you would steak.

TRUDY'S SPECIAL BARBECUE SAUCE

(This is a special sauce that can be used for basting hamburgers, steaks, frankfurters, spareribs, chops, ham steaks, beef and pork roasts. It can be poured into sterilized jars, sealed and stored. Makes 1 quart.)

1/4 c. salad oil	1/2 c. Worcestershire sauce
3/4 c. chopped onion	1 T. dry mustard
1 clove garlic, chopped	1 1/2 t. salt
1 c. honey	1 t. oregano
1 c. ketchup	1 t. pepper
1 c. wine or cider vinegar	1/2 t. thyme

Saute onion and garlic in salad oil till tender. Add remaining ingredients, bring to a boil, stirring constantly. Simmer 5 minutes.

FOIL ROASTED CORN

Husk corn. Spread with butter and sprinkle with salt and pepper and just a dash of sugar. Wrap securely in ALCOA ALUMINUM FOIL. Roast 25 minutes over hot coals. Turn the corn several times. Tip: The sugar makes the corn extra sweet.

FOIL ROASTED POTATOES

Scrub potatoes but do not pare. Cut potato in 3 long slices and brush with butter, season. Reassemble spud and wrap in heavy foil. Bake at edge of grill or in coals for 45 to 60 minutes. Turn occasionally.

GARLIC BREAD SQUARES

Cut unsliced bread into 2 inch cubes. Combine 1/4 c. butter and 1/4 clove garlic minced. Spread this mixture on outside of cubes. Bake on a cookie sheet at 450 degrees for 10 minutes or till brown.

TOMATO AND CANTALOUPE BALL SALAD

(Cantaloupe half shells serve as the bowls for this simple, good-looking salad.)

1 cantaloupe	Watercress or mint
2 tomatoes	French dressing
Salad greens	

Cut cantaloupe in half, remove seeds, and scoop the pulp into balls. Cut the stem end from the tomatoes and cut into wedges. Mix together the tomatoes and the melon balls and refill each half shell. Pour over French dressing, and sprinkle with salt to taste. Serve on a bed of salad greens. Serves 2. Note: Garnish each salad with a wedge of lime for added tang.

HAWAIIAN BARS

1/2 c. butter	1 t. vanilla
1 c. flour	1/2 c. coconut
2 eggs	1 1/2 c. chopped walnuts
1 1/2 c. brown sugar	2 T. butter
2 T. flour	2 c. confectioners sugar
1/4 t. baking powder	2 T. orange juice
1/2 t. salt	1 t. lemon juice

Combine butter and flour. Mix until mixture is quite fine. Press in bottom of an 8 inch square pan. Bake at 375 degrees for 15 minutes. Beat eggs, add brown sugar, 2 T. flour, baking powder, salt and vanilla. Fold in coconut and nuts. Spread mixture over hot crust and bake at 350 degrees for 40 minutes. Cool and spread with frosting made by combining 2 T. butter, confectioners sugar and orange and lemon juice. Cut into 20 bars. Note: If desired, you may reserve 1/2 c. of the nuts and sprinkle over frosting.

August 9, 1960

GRILLED PORK CHOPS

Have chops cut 1" thick. Put the chops in hinged wire grill if you have one. This makes for easy turning. Trim excess fat from chops to eliminate flare-ups from fat dripping on coals. Sear the chops 3 to 4 minutes on each side, turning once. Then raise the chops higher from the coals and grill for 15 minutes on each side, turning once. During the last few minutes of grilling baste with Pineapple Glaze.
Pineapple Glaze: Combine 1 c. crushed pineapple, 1 c. brown sugar, 1 T. prepared mustard, juice of 1 lemon and a dash of salt.

FOILED BAKED TOMATOES WITH ONION

Select medium, firm tomatoes (one to a person). Cut each tomato in half crosswise, sprinkle cut surfaces with salt and pepper, then put together with a thin slice of onion between. Use a toothpick to hold the tomato intact. Wrap each in an 8-inch square of ALCOA ALUMINUM FOIL (the 8-inch size is just perfect) and bake at edge of grill for 15 to 20 minutes.

BAKED SHOESTRING POTATOES

Alcoa Aluminum Foil	1/2 c. grated process
4 medium potatoes, pared	American cheese
3 T. butter	2 T. chopped parsley
1 t. salt	1/2 c. light cream
Dash pepper	Paprika

Cut a 48-inch length of aluminum foil and fold in half. Cut the potatoes in thin, lengthwise strips as for French fries and place just off center on the foil. Dot with butter; sprinkle with salt and pepper, cheese, parsley and paprika. Pull edges of foil upward, then pour cream over potatoes. Fold foil up over the potatoes so edges meet on 3 sides. Fold the 3 open sides over towards food several times making tight seals. Bake over coals for about 1 hour. Note: If you are cramped for space on the grill bake these on shallow pan in oven at 450 degrees for about 1 hour. The tomatoes and onions can be baked in oven also for 15 minutes instead of over coals. Be sure to place them on a shallow pan.

COCONUT CREAM PEACH PIE

9 inch pie shell	1/2 t. vanilla
1 c. sugar	1/2 c. coconut
1/2 c. flour	2 c. sliced fresh peaches
1/4 t. salt	1/4 c. sugar
2 c. milk	Juice 1 lemon
3 egg yolks	1 T. cornstarch
2 T. butter	1 T. lemon juice

Combine sugar, flour and salt. Scald milk. In the top of double boiler add the scalded milk to the dry ingredients. Cook, stirring almost constantly until thick. Add 3 slightly beaten egg yolks. Cook about 3 minutes. Add butter and vanilla. Fold in coconut. Cool, without stirring, for about 10 minutes, pour into pie shell. Chill till firm. Meanwhile put peaches into large bowl, sprinkle with the 1/4 c. sugar and juice of 1 lemon. Let stand at room temperature for several hours. Drain, measure liquid, and add water to make 1 cup. Blend cornstarch with 1/4 c. of liquid. Heat the 3/4 c. of liquid, add 1 T. lemon juice, stir in cold syrup and cornstarch and cook stirring constantly until thick and clear. Cool. Arrange peach slices on top of coconut cream, pour glaze over peaches. Sprinkle with a little additional coconut if desired. Chill till serving time.

August 10, 1960

GRILL-BROILED CHICKEN

Broiling chickens	1/2 c. wine vinegar
1/2 c. salad oil	1/4 c. soy sauce
1/2 c. lemon juice	2 t. salt
1/4 c. water	1 T. sugar
1 t. paprika	1/4 t. pepper
1 T. minced onion	

Split chickens in half lengthwise. Break the drumstick, hip, wing joints so birds stay flat during broiling. Brush them with sauce made by combining remaining ingredients. Place in wire toaster basket if you have one. Place on grill with bone side on inside nearest the hot coals, when well browned turn, brushing with sauce. Doneness Test: Cut into thick part of drumstick. If it cuts easily and no pink is visible, chicken is done. Note: Keep extra sauce in covered jar in refrigerator. Enough sauce for 3 broilers or 6 halves.

CORN PUDDING
(Baked inside while chicken grills)

2 c. cream style canned corn	1 t. salt
	1/4 t. pepper
1 c. dry bread crumbs	4 ounces Cheddar cheese, cut in 1 1/2 inch squares
1 c. milk	
2 T. chopped green pepper	3 slices bacon, cut in 1 1/2 inch lengths

Combine corn, bread crumbs, milk, green pepper, salt and pepper. Pour into 10 x 6 x 2 inch baking dish. Arrange alternate pieces of cheese and bacon across top in checkerboard fashion. Bake in slow oven 325 degrees for 1 to 1 1/4 hours. Makes 4 to 6 servings.

NIPPY FRENCH BREAD

Mix 1/2 c. evaporated milk and 2/3 c. grated Parmesan cheese. Spark with onion or garlic salt if you wish. Let stand about 5 minutes to thicken. Spread on cut sides of fully baked French bread. Wrap in foil and heat on outdoor grill or in oven.

FRESH LIME PIE

1 envelope meringue mix	Grated rind 1 lime
1 T. unflavored gelatin	Juice of 2 limes
1/3 c. water	Dash salt
3 eggs	Dash cinnamon
1/3 c. sugar	1/3 c. instant dry milk
1/3 c. ice water	

Prepare meringue mix according to package directions for meringue shells. Spoon over bottom and around sides of 9 inch plate. Bake 1 hour at 275 degrees, then turn off heat and let meringue dry in oven for another hour. Cool before adding the filling. To make filling: Sprinkle gelatin over 1/3 c. water to soften. Separate yolks from whites. Put yolks in top of double boiler with sugar, grated rind, lime juice, salt, and cinnamon. Cook over hot water, stirring constantly until mixture thickens. Stir in softened gelatin and stir till dissolved. Cool. Beat dry milk and ice water until mixture looks like marshmallow sauce. Beat egg whites until stiff. Combine whipped milk and egg whites into gelatin mixture gently. Pour into cooled meringue shell and chill in refrigerator for about 2 hours or till firm. Serves 6 or 7.

August 11, 1960 I.G.A. DAY

SPECIAL I.G.A. CHUCK-WAGON OVER-THE-COALS POT ROAST

1 I.G.A. chuck roast	1 t. marjoram
2 t. unseasoned meat tenderizer	1 c. wine or cider vinegar
	1/2 c. salad oil
1 1/2 T. instant minced onion	3 T. lemon juice
	1 T. cracked pepper
1 1/2 t. thyme	

Sprinkle meat evenly over both sides with meat tenderizer. DO NOT USE ANY SALT. Pierce deeply all over with a fork. Place in shallow baking pan. Combine remaining ingredients except pepper. Pour over and around meat and let stand at room temperature for at least 1 hour, turning meat occasionally to marinate well. Remove meat from marinade and pound pepper into meat. Grill to a golden brown, about 6 inches from hot coals, about 15 minutes on each side for a roast 2" thick and for rare meat. Increase time accordingly for medium, etc. To serve place on carving board and cut meat diagonally into 1/2 inch slices. Note: You may broil this meat indoors if you prefer. The flavor is delicious and the price is way below that of steak. Note: You may prepare steak as suggested and refrigerate overnight.

WALNUT CAKE

1/2 c. shortening	1 3/4 c. flour
1 c. brown sugar	2 1/4 t. baking powder
1 t. vanilla	1/2 t. salt
2 eggs	1 c. walnuts, chopped
3/4 c. milk	

Cream shortening, sugar and vanilla. Add eggs and beat well. Sift dry ingredients, stir in nuts. Add to creamed mixture alternately with milk; stir to blend well. Pour batter into greased and floured 9 inch square pan. Bake at 350 degrees for 35 minutes. Cool. Sift confectioners sugar on top.

CAMPFIRE VEGETABLES

Place one block of frozen vegetable such as peas, lima beans, green beans on big square of aluminum foil. Season with salt and pepper, top with a tablespoon of butter. Bring edges of foil up and leaving a little space for expansion of steam, seal tightly with double fold. Place this trim package on the grill or right in the coals about 10 to 15 minutes. Turn occasionally.

August 12, 1960

BARBECUED HALIBUT STEAKS

2 pounds halibut steaks
1 clove garlic, finely chopped (optional)
1/4 c. chopped onion
2 T. chopped green pepper
2 T. butter
1 can (8 oz.) tomato sauce
2 T. lemon juice
1 T. Worcestershire sauce
1/4 t. pepper
1 T. sugar
2 t. salt

Thaw frozen steaks. Saute onion, garlic, and green pepper in butter. Add remaining ingredients and simmer for about 5 minutes. Cool. Cut steaks into serving size pieces. Place in a single layer in shallow baking pan. Pour sauce over fish and let marinate for 30 minutes, turning once. Remove fish from sauce and save sauce for basting. Place fish in well greased, hinged wire grills. Cook on a barbecue grill about 4 inches from heat for about 8 minutes on each side. Serves 6.

Note: Serve with corn on the cob, a big tossed salad, toasty cheese bread, Prize Fudge Cake, and lots of coffee.

PRIZE FUDGE CAKE

2 egg whites
1/2 c. sugar
1/4 c. shortening
1 1/2 c. sugar
2 egg yolks
4 squares chocolate, melted
2 c. cake flour
2 t. baking powder
1 t. salt
1 1/2 c. milk
1 t. vanilla
1 c. chopped nuts

Beat egg whites until frothy, add sugar and beat until whites stand in stiff peaks. Cream shortening and sugar, blend in egg yolks and melted chocolate. Sift flour, baking powder and salt. Add alternately to creamed mixture with combined milk and vanilla. Stir in chopped nuts. Fold in egg whites. Pour into greased and floured 13 x 9 inch pan. Bake at 350 degrees for 35 to 45 minutes. Frost as desired.

August 15, 1960

FOIL-BAKED CHICKEN SUPREME

6 chicken breasts
1 1/2 t. salt
Dash pepper
1 T. chopped onion
2 T. minced parsley
1 clove garlic, minced (optional)
1/2 t. crushed tarragon
Dash thyme
1 can condensed cream of chicken or mushroom soup

Sprinkle chicken with salt and pepper; combine remaining ingredients; spread on surface and in cavity of chicken breasts. Place each piece of chicken on square of aluminum foil, bring edges together and seal with drugstore wrap, folding corners under; cook over coals for about 50 minutes, turning package once. Note: May be placed on cookie sheet and baked in oven at 450 degrees for 45 to 50 minutes.

BAKED POTATOES WITH CHEESE

Scrub the skins of as many baking potatoes as you need, pierce skins all around with tines of fork. Cut potatoes in half and scoop out a heaping tablespoon of raw potato from each half and fill the cavity with cheese (Cheddar, Swiss, or processed cheese). Sprinkle potato with salt and put the two halves together again. Wrap securely in foil. Bake over hot coals or in preheated oven of 375 degrees for 1 1/2 hours.

PEACH SCHAUM TORTE
(A party special dessert)

2 pkg. meringue mix
8 ripe peaches
1/4 c. confectioners sugar
1 c. heavy cream

Cover a cookie sheet with a piece of brown paper. Then draw 2 circles, 9 inches in diameter on the paper. Set oven for 300 degrees. Prepare meringue mix according to package directions. Spread half the meringue over each circle of brown paper, evenly and neatly. Bake 20 to 30 minutes or until meringue layers are firm but still white. Cool; peel off brown paper carefully and place one layer on serving plate. Peel peaches and cut into slices. Measure 1/2 c. of slices and set aside. Cover meringue layer with peaches; sprinkle with confectioners sugar, place second meringue layer on top. Whip cream, puree or mash remaining peaches and fold gently into cream. Pile on top of meringue layer. Cut in wedges, serves 8.

August 16, 1960

HOT DOG LOAF

1/4 c. chopped onion
2 T. butter
1/2 c. chili sauce or ketchup
2 T. vinegar
1 T. Worcestershire sauce
1 T. prepared mustard
2 t. brown sugar
1/2 t. celery seed
1 loaf French bread (about 16" to 18" long)
1 1/4 c. sharp cheese (process) shredded
10 hot dogs, cut in half crosswise

Saute onion in butter. Add chili sauce and seasonings. Simmer 10 minutes or till sauce is thick. Cut first slice of bread going almost to bottom crust; cut second slice all the way through (slices will be 3/4" wide). Continue in same manner the length of the loaf. Between the attached slices, spread half the sauce, sprinkle in half of cheese and insert 2 hot dog halves, leaving uncut ends out at an angle. Cover ends of hot dogs with remaining cheese and sauce. Wrap in heavy foil. Bake at 350 degrees for 35 minutes or roast over coals for 40 minutes. Makes 10 servings.

30-MINUTE BAKED BEANS

1 c. sliced onion
2 T. shortening
2 No. 2 cans pork and beans
1 4 1/2 ounce can deviled ham
2 T. molasses
1 T. prepared mustard
1/4 t. salt
2 tomatoes, peeled and sliced

Saute onion in shortening. Combine remaining ingredients except tomatoes and onions. Arrange layers of bean mixture, onion and tomato slices in greased 1 1/2 quart casserole. Bake in moderate oven 350 degrees for 30 minutes.

SOFT MOLASSES COOKIES

1/4 c. shortening
1/2 c. sugar
1 egg
1/2 c. molasses
2 3/4 c. flour
1/2 t. salt
1 t. soda
1/2 t. nutmeg
1 t. ginger
1/2 t. cloves
1/2 t. cinnamon
1/2 c. hot water

Cream shortening and sugar, add egg and mix well. Stir in molasses. Sift flour, salt, and spices. Add alternately with hot water to first mixture. Drop by spoonfuls onto lightly greased cooky sheet. Bake at 350 degrees for 12 to 15 minutes. Makes about 2 1/2 dozen.

August 17, 1960

BARBECUED CUBE STEAKS

Place cube steaks in folding wire toaster. Broil first one side and then the other, brushing frequently with barbecue sauce (see August 8). (The toaster keeps the steaks from curling.) Butter slices of bread and sprinkle with sharp grated cheese--have all ready to make into sandwiches. Put steaks between bread slices. Everyone helps themselves to relishes--ketchup, mustard, or what have you.

Note: Have plenty of hashed browned potatoes, easy salad of sliced tomatoes, corn on cob, grilled over coals.

EASY HASHED BROWNED POTATOES

Heat 1/2 c. shortening in skillet. Add 4 cups finely chopped boiled potatoes, sprinkle with salt and pepper. Press potatoes firmly to form a flat cake and continue cooking over low heat until brown underneath and loose from the pan. Shake pan occasionally to prevent sticking. Fold with pancake turner and turn out on hot platter. Serves 4 to 6.

PINEAPPLE CREAM SQUARES
from: Doreen Erickson, Trenton, Ontario, Canada

1--20 ounce can crushed pineapple
2 1/2 c. crushed graham crackers
1/2 c. melted butter
2 eggs
1 1/2 c. confectioners sugar
1/4 c. soft butter
1/2 pint heavy cream

Drain pineapple. Serve 1/4 c. crumbs for topping. Combine remaining crumbs and butter. Press into 9 inch square pan. Bake 5 minutes at 350 degrees. Place in refrigerator to chill. Combine eggs, sugar and butter. Beat till light and fluffy. Spread this mixture over cooled cracker crumbs. Whip cream and fold in pineapple. Pour over other mixture. Sprinkle 1/4 c. cracker crumbs over top and place in refrigerator to cool and set.

August 18, 1960 I.G.A. DAY

HAM--ITALIAN STYLE

1 Semi-boneless ham from I.G.A.
Several cloves of garlic
3/4 c. vinegar

Ham--Italian Style (Cont.)

Remove any skin from ham. Peel and slice the garlic cloves in fourths lengthwise. Cut vertical slits about 1/2 inch deep in the ham and insert garlic slices as you remove knife. Place in a large kettle; cover meat with water, add vinegar. Simmer for about 20 minutes per pound. Remove meat from broth. Bake in a slow oven 300 degrees for about 10 minutes per pound. Slice for sandwiches. Have rye bread, mustard, and ketchup handy. Add a tossed salad.

BROWNIE BARS

3 squares unsweetened chocolate
1 1/2 c. sugar
3/4 c. shortening, part butter
1 c. plus 2 T. flour
1/4 c. water
3/4 t. baking powder
1/4 t. salt
3 eggs
1 1/2 t. vanilla
*Easy Chocolate Frosting

Combine chocolate, sugar, butter and water in top of double boiler over hot water. Heat, stirring constantly until chocolate is melted and mixture is smooth. Cool to room temperature. Sift flour, baking powder and salt. Add eggs to cooled chocolate. Add flour and vanilla. Mix well. Pour into greased 13 x 9 inch pan. Bake at 350 degrees for 30 to 35 minutes. Cool. Frost.

EASY CHOCOLATE FROSTING: Melt 2 squares chocolate and 2 T. butter over low heat. Add 2 c. sifted confectioners sugar, dash of salt, 3 T. milk and 1/2 t. vanilla. Beat until smooth and let stand until of right consistency to spread.

August 19, 1960

GRILLED LOBSTER TAILS

6 spiny lobster tails, about 8 ounces each
1/4 c. butter
2 T. lemon juice
1/2 t. salt
Melted butter

Thaw frozen lobster tails. Cut in half lengthwise. Remove swimmeretted and sharp edges. Cut 6 squares of heavy duty aluminum foil, 12 inches square. Place each lobster tail on one half of each square of foil. Combine butter, lemon juice and salt. Baste lobster meat with sauce. Fold other half of foil over lobster tail and seal edges by making double folds in the foil. Place packages of lobster tails on a barbecue grill, shell side down, about 5 inches from coals. Cook for about 20 minutes. Remove tails from foil. Place on grill flesh side down and cook for 2 or 3 minutes or till lightly browned. Serve with melted butter. Serves 6.

SHRIMP SUPREME

3 pounds shrimp, fresh or frozen
2/3 c. butter
1/4 c. chopped onion
2 T. chili sauce
1/2 t. garlic salt
Dash Tabasco
2 cans (4 ounces each) sliced mushrooms, drained
1/2 c. chopped parsley
2 T. lemon juice
1 t. salt

Thaw frozen shrimp. Peel shrimp and remove sand veins. Wash and drain on absorbent paper. Cut 6 squares of heavy-duty aluminum foil, 12 inches each. Divide shrimp into 6 portions. Place each portion of shrimp on top of one half of each square of foil. Place mushrooms on top of shrimp. Combine remaining ingredients. Pour sauce over shrimp, using about 3 T. for each portion. Fold other half of foil over shrimp and seal edges by making double folds in the foil. Place packages of shrimp on a grill about 4 inches from coals. Cook for about 20 minutes. To serve cut a big crisscross in the top of each package and fold the foil back.

BANANA WALNUT CHIFFON CAKE

2 1/4 c. cake flour
1 1/2 c. sugar
3 t. baking powder
1 t. salt
1/2 c. salad oil
5 egg yolks, unbeaten
1 c. mashed ripe bananas
1 T. lemon juice
1/2 t. cream of tartar
1 c. egg whites

Sift flour, sugar, baking powder and salt. Make a "well" in center of dry ingredients and add salad oil, egg yolks, banana and lemon juice. Beat till smooth. Beat egg whites with cream of tartar until they form very stiff peaks. Fold into first mixture. Turn into ungreased 10 inch tube pan. Bake 1 hour and 5 minutes at 325 degrees. Invert to cool. Frost with whipped cream and garnish with nuts.

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GOOD-BYE FOR TWO WEEKS—I'm off for a vacation. Lucille Fleming will be with you and I know you will enjoy her many interesting recipes and ideas.

WROC - Television
Channel 5

LUCILLE FLEMING'S HOME COOKING RECIPES

August 22 - September 2, 1960

Weekdays
9:30 A.M.

August 22, 1960

CITY CHICKEN

2# boneless veal shoulder, cut in 1 1/2 inch cubes
1/2 c. fine cracker crumbs
1/2 c. finely crushed cornflakes
1 t. salt
1 t. paprika
3/4 t. poultry seasoning
1/2 t. monosodium glutamate
Pepper
1 slightly beaten egg
2 T. milk
3 T. fat
3/4 c. chicken broth (or chicken bouillon cube and water)

Push cubes of veal onto 6 skewers. Combine cracker and cornflake crumbs and seasonings. Combine egg and milk. Dip meat in egg-milk mixture then in the seasoned crumbs. Brown slowly on all sides in hot fat in skillet. Then add chicken broth and simmer about 1 hour or until tender. Serve meat liquid as gravy. May be covered and baked at 350 degrees for 1 hour.

LOUISE'S SOUR CREAM COFFEE CAKE

1/2 c. butter
1 c. sugar
1/2 pint sour cream
2 eggs
1 t. baking soda
1 1/2 c. cake flour
1 1/2 t. baking powder
1 t. vanilla

Topping:
3/4 c. sugar, granulated
1/2 c. brown sugar
2 t. cinnamon
3/4 c. chopped nuts

Mix baking soda in sour cream. Cream butter, add sugar, eggs and cream. Sift flour and baking powder. Add to first mixture. Add vanilla. Pour 1/2 of batter in 9 inch square pan. Sprinkle with 1/2 of the topping mixture. Add remainder of batter and sprinkle with rest of topping. Bake at 375 degrees for 45 minutes.

DATE SCOTTIES

1 c. chopped dates
1/3 c. sugar
1/2 c. water
1 T. lemon juice
1 c. flour
1 c. brown sugar
1/2 t. salt
1/2 c. shortening
1 1/2 c. rolled oats, uncooked
1 T. milk

Cook dates, sugar, water and lemon juice until thick. Cool. 1/2 c. chopped nuts may be added, if desired. Mix flour, brown sugar, and salt. Cut in shortening. Add rolled oats and milk. Pack 1/2 of this mixture in greased 8 x 8 pan. Spread date mixture on top and then add remaining flour mixture. Bake at 350 degrees for 40 minutes. Cool and cut in squares.

August 23, 1960

AVOCADO MOLD

1 1/2 T. unflavored gelatin
1/2 c. cold water
3/4 c. boiling water
2 T. lemon juice
1 1/2 t. salt
1 t. grated onion
2 dashes Tabasco sauce
2 1/2 c. sieved ripe avocado
1 c. dairy sour cream
1 c. mayonnaise

Soften gelatin in cold water. Dissolve in boiling water. Add lemon juice, salt, onion and Tabasco. Cool to room temperature. Add avocado, sour cream and mayonnaise. Turn into a 6-cup mold. Chill overnight. Unmold and serve with tomato and grapefruit sections. Makes 8 servings.

CHEESE BISCUITS

3 c. biscuit mix
1 c. grated cheese
1 c. milk
2 t. grated onion
1/4 t. celery seed
1 t. prepared mustard
1/4 t. Worcestershire sauce
1/2 t. salt
Dash of pepper

Filling:
1 1/2 c. grated sharp cheese
1/4 c. chopped olives, stuffed

Cheese Biscuits (Cont.)

Blend 1 c. grated cheese with biscuit mix. Stir in milk. Knead lightly and roll out 1/8 inch thick. Cut in 3 inch circles. Spread 1 T. filling on each circle. Top with another biscuit and brush tops with melted butter. Bake at 450 degrees for 12 minutes.

GERMAN CHOCOLATE CAKE

1 pkg. German Sweet Chocolate
1/2 c. boiling water
1 c. butter
2 c. sugar
1/2 t. salt
1 t. baking soda
2 1/2 c. cake flour
1 c. buttermilk
4 egg yolks, unbeaten
4 egg whites, stiffly beaten

Melt chocolate in boiling water. Cool. Cream butter and sugar. Add egg yolks, one at a time, beat well after each. Add melted chocolate and vanilla. Mix well. Sift dry ingredients and add alternately with buttermilk. Fold in stiffly beaten egg whites. Pour into 3 eight-inch layer pans, lined on bottom with greased paper. Bake 35 min. at 350 degrees. Cool and frost with following icing.

Frosting: Combine 1 c. evaporated milk, 1 c. sugar, 3 egg yolks, 1/2 c. butter and 1 t. vanilla. Cook and stir over medium heat until thickened, about 12 minutes. Add 1 1/2 c. coconut and 1 c. chopped pecans. Beat until thick enough to spread.

August 24, 1960

GLAZED CANADIAN BACON

4# Canadian bacon
Orange slices
2/3 c. cider, or apple juice
1/2 c. molasses
1/2 c. brown sugar
1 t. dry mustard

Bake Canadian bacon in 1 piece at 325 degrees for 45 minutes. Garnish with orange slices held in place with whole cloves. Mix remaining ingredients; pour over bacon and bake additional 45 minutes, basting frequently. Serves 8 - 10.

SAUTEED CORN

Saute 1 1/2 c. finely chopped onion and 1 c. diced green pepper in 3 T. butter for few minutes. Add 5 c. fresh corn, cut from the cob and 1/2 c. light cream. Season with 1/2 t. thyme, salt and pepper to taste. Cover and cook until tender. 8 servings.

FRENCH BLUEBERRY PIE

1 9-inch baked pie shell, baked in very deep pie plate
1 pkg. vanilla pudding mix
2 c. milk
1/2 c. cream, whipped
1 can blueberry pie filling
1 egg
1/3 c. sugar
1 t. lemon juice
1/3 c. cake flour
1/3 t. baking powder
2 T. hot milk

Beat egg until thick. Add sugar and lemon juice. Beat well. Sift dry ingredients. Fold into egg mixture. Add hot milk. Mix quickly and pour into a 9 inch cake pan, which has the bottom lined with a greased circle of paper. This is a very thin layer. Bake at 350 degrees for about 6 or 8 minutes, until springs back to touch. Cool. Make the vanilla pudding according to the recipe on box. When cool, fold in the whipped cream. Pour 1/2 of the cream filling into the deep, baked pie shell. Top with the layer of sponge cake. Add the rest of the cream filling. Top with a layer of the blueberry pie filling mix. Chill thoroughly before serving. A thin layer of whipped cream on top may be added at serving time.

August 25, 1960

BAKED PORK CHOPS WITH APRICOT STUFFING

6 pork chops
1 c. dried apricots
1 c. water
2 T. fat
1 T. chopped onion
1/2 c. chopped celery
4 c. dry bread cubes
2 T. butter
1 T. chopped parsley
1/2 t. salt
Pepper
4 T. apricot juice

Simmer apricots in water for 5 minutes. Snip apricots into strips. Melt shortening. Saute onions and celery. Add remaining ingredients, including apricots. Spoon into greased 9 inch square baking dish. Place chops in single layer over stuffing. Sprinkle with salt and pepper. Bake covered at 350 degrees for 45 minutes. Uncover and bake about 15 minutes longer.

MOLDED CHERRY SALAD

1 pkg. cherry gelatin dessert
1 t. lemon juice
1/2 c. sliced stuffed olives
1/2 pkg. orange gelatin dessert
1 c. pitted Bing cherries, canned
1/2 c. shredded, blanched almonds

Drain juice from canned cherries and add enough water to make 2 1/2 cups. Heat to boiling. Add to mixed gelatins and cool. When beginning to congeal, add cherries, olives and almonds. Mold in large mold, or individual molds. Chill until set.

MOLASSES COOKIES

5 c. flour
1 c. sugar
4 t. cinnamon
4 t. baking soda
2 t. salt
2 t. ginger
1 c. lard
1 c. molasses
3 eggs

Mix dry ingredients. Cut in lard, as for pie crust. Add molasses and beaten eggs. Stir well. Chill overnight. Form into small balls. Make deep thumb print in each cookie. Bake at 375 for 10 minutes. Cool. Fill thumb print with tart jelly.

August 26, 1960

TOMATO SEA FOOD ACCORDIONS

1 c. crab meat, flaked
1/2 c. chopped celery
1/4 c. chopped green pepper
1/3 c. mayonnaise
1/4 t. salt
Pepper
3 T. lemon juice
6 medium tomatoes

Combine all ingredients except tomatoes. Chill. Turn tomatoes stem end down. Without cutting to bottom, cut down, making 5 or 6 slices. Fill with crab meat salad.

ORANGE WINE CAKE

1/2 c. butter
1 c. sugar
1 t. vanilla
2 t. orange rind
1 c. white raisins
2 eggs, well beaten
1/2 c. chopped walnuts
2 c. cake flour
1 t. soda
1/2 t. salt
1 c. buttermilk

Cream butter and sugar. Add eggs, vanilla, orange rind, raisins, and walnuts. Beat well. Sift dry ingredients and add alternately with buttermilk. Bake in greased 9 x 13 x 2 inch pan at 350 degrees for 40 minutes. Frost with following: Cream together 1/2 c. butter and 2 c. confectioners sugar. Beat until fluffy and add 2 T. sherry slowly.

August 29, 1960

CHICKEN INDIENNE

12 chicken parts (legs, thighs, breasts)
3 T. grated onion
2 small cloves garlic
1/2 c. butter & vegetable shortening
1 t. tumeric
1 t. chili powder
1/2 t. ground ginger
1 1/2 t. salt
1/2 t. ground coriander seed
2 c. chicken stock
1 T. cornstarch
12 whole small onions
12 carrot balls
12 mushroom caps

Brown lightly the onion and garlic in the butter and vegetable fat. Add the spices and seasonings and stir until well blended. Dredge chicken parts in flour and then brown in the fat and spice mixture. Mix the cornstarch with chicken stock and heat to the boiling point. Add to the chicken, cover and simmer until the chicken is tender. When chicken is nearly tender, add onions, carrots and mushrooms. Serve in deep platter or tureen. Serve with rice. Serves 4 to 6 persons.

GREEN RICE

Cook rice according to directions on package, using either regular or instant rice. Just before serving stir in 1/4 c. finely chopped parsley, 3 T. finely chopped chives and 2 T. butter for each 6 servings. If desired, pack into buttered mold and let stand in pan of hot water for a few minutes and then turn out on chop plate to serve.

COCONUT KISSES

3 egg whites
1/2 c. plus 2 T. granulated sugar
1 c. confectioners sugar
1 T. vanilla
Few grains salt
2 c. coconut, flake or shredded

Beat egg whites with salt until stiff, add the sifted sugars very gradually. Add vanilla. Fold in coconut. Drop by teaspoonfuls on oiled baking sheet. Bake at 325 degrees for 15 minutes. Makes 2 doz.

August 30, 1960

FRESH CORN FRITTERS

2 c. cut, fresh corn (about 6 ears)
Milk
1 1/2 c. flour
2 t. baking powder
3/4 t. salt
1 beaten egg
Deep fat, for frying

Cut off just the tips of corn kernels, then scrape cobs. Drain uncooked, cut corn, reserving the liquid. Add enough milk to liquid to measure 1 c. Sift dry ingredients. Combine egg, milk and corn. Add to dry ingredients. Mix until just moistened. Drop batter from tablespoon into deep, hot fat at 375 degrees. Fry until golden brown, about 3 minutes. Drain on paper towels. Serve hot with warmed maple or maple-flavored syrup. Makes 18.

RAISIN BREAD

1 pkg. dry yeast
1/4 c. water
1 c. seedless raisins
1/4 c. butter
1/4 c. sugar
1 t. salt
1/2 c. milk, scalded
3 1/2 c. flour, approx.
2 eggs, beaten

Soften yeast in lukewarm water. Scald milk, add sugar, butter and salt. Cool to lukewarm. Add 1 c. of the flour. Mix well. Add yeast and eggs. Beat well. Stir in remaining flour. Turn out on lightly floured board and cover. Let rest for 10 minutes and then knead about 8 minutes until smooth and elastic. Place in lightly greased bowl. Cover and let stand until double. Punch down. Cover and let rest 10 minutes. Then shape in loaf. Place in greased 9 1/2 x 5 x 3 inch loaf pan. Cover. When almost double (about 45 minutes) bake at 375 degrees about 40 minutes. If loaf browns too fast, turn down oven to 350. Remove from pan. Cool and then drizzle top with thin confectioners sugar glaze. (Mix 1/2 c. confectioners sugar with enough milk to make thin glaze.) Makes 1 loaf.

NO-BAKE CHEESE CAKE

2 envelopes plain gelatin
1 c. sugar
1/4 t. salt
2 egg yolks
1 c. milk
1 t. grated lemon rind
3 c. cottage cheese, sieved
1 T. lemon juice
1 t. vanilla
2 egg whites, stiffly beaten
1 c. heavy cream, whipped

Mix sugar with salt and gelatin. Beat together egg yolks and milk. Add to gelatin mixture and cook over boiling water until gelatin is dissolved and mixture thickens—about 10 minutes. Stir constantly. Remove from heat and add grated lemon rind. Cool. Add sieved cottage cheese, lemon juice and vanilla. Chill until mixture mounds slightly when dropped from spoon. Then fold in stiffly beaten egg whites and whipped cream. Turn into 8 inch spring form pan, then sprinkle top with following crumb mixture: 2 T. butter, melted; 1 T. sugar, 1/2 c. graham cracker crumbs, 1/4 t. cinnamon and 1/4 t. nutmeg. Chill until firm. Serves 10.

August 31, 1960

SALAD LOAF

Buy an assortment of cold cuts and cheese, packaged in square shape. Soften an 8-ounce package of cream cheese, add a dash of Tabasco sauce, 2 T. chopped parsley, 1/2 t. grated onion, 1 t. grated horseradish. Spread on slices of cold meat and cheese, stacking in alternate layers. To make a nice-size loaf, you will need about 14 slices of meat and cheese. Chill the stack of meats and cheese overnight. Then slice in rather thin slices. Very pretty for a cold meat platter for lunch or supper.

BASIC MUFFINS AND VARIATIONS

3 c. flour
4 t. baking powder
3 T. sugar
1 1/2 t. salt
1/2 c. shortening
2 eggs, well beaten
1 1/4 c. milk

Measure dry ingredients and sift. Cut in shortening. Combine beaten eggs with milk and add to flour mixture. Stir only enough to moisten. Bake in greased muffin tins at 425 degrees for 20-25 minutes. Makes 15.

SPICED APPLE MUFFINS: Add 1 c. finely chopped apples to batter. Sprinkle tops with sugar and cinnamon mixture.

DATE MUFFINS: Add 1 c. chopped dates.

RAISIN-ORANGE MUFFINS: Add 2/3 c. chopped raisins and 1 1/2 t. grated orange rind to batter.

BLUEBERRY MUFFINS: Add 1 c. fresh or frozen blueberries, 1/2 t. lemon juice to batter.

PINEAPPLE MUFFINS: Place 1/2 t. butter and 1 t. brown sugar in bottom of each greased muffin tin. Add 1 c. drained crushed pineapple to batter.

LEMONADE PIE

1 envelope plain gelatin
1/4 c. cold water
1/2 c. boiling water
2/3 c. sugar
1 can (6 oz.) frozen lemonade or limeade concentrate
1 c. heavy cream, whipped

Soften gelatin in cold water and add boiling water to dissolve. Add sugar and frozen lemonade. Stir until lemonade thaws. Chill until thickened but not set. Fold into heavy cream, whipped. If limeade is used, tint pale green with food coloring. Pour into coconut crust.

CRUST: Melt 3 T. butter in skillet. Add 1 1/2 c. coconut and stir over medium heat until coconut is golden brown. Pack mixture firmly on bottom and sides of 9 inch pie pan. Let stand until cool before adding filling.

September 1, 1960

CHICKEN-CRANBERRY SALAD

Layer 1:

1 envelope gelatin
1/4 c. cold water
1 lb. can whole cranberry sauce
1 c. crushed pineapple
1/2 c. chopped walnuts
1 T. lemon juice

Soften gelatin in cold water and dissolve over hot water. Add remaining ingredients. Pour into 10 x 6 x 1 1/2 inch baking dish. Chill until firm.

Layer 2:

1 envelope gelatin
1/4 c. cold water
1 c. mayonnaise
1/2 c. water
3 T. lemon juice
3/4 t. salt
2 c. diced chicken
2 T. chopped parsley

Soften gelatin in cold water and dissolve over hot water. Add remaining ingredients and pour over first layer. Chill until firm and cut in squares. Makes 6 - 8 servings.

TOASTED HERB LOAF

1 loaf day-old bread, unsliced
3/4 c. butter
1/4 t. salt
Dash cayenne pepper
1/4 t. paprika
1/4 t. poultry seasoning
1/2 t. thyme

Cut crusts from bottom and sides of loaf. Peel off top crust. Cut bread crosswise, at about 2" intervals, a little more than half through loaf. Then cut loaf lengthwise through middle to the same depth. Soften butter and blend with rest of ingredients. Spread over top and sides of loaf and then in the cuts. Place on rack in baking pan. Bake at 375 degrees about 15 minutes, or until well-browned. Serve hot.

September 2, 1960

PICKLED SHRIMP

1 1/2 lb. cleaned shrimp
1 1/4 c. salad oil
3/4 c. white vinegar
Sliced onions
Bay leaves
1 1/2 t. salt
2 1/2 t. celery seed
1 small bottle capers with juice
Dash of Tabasco

Layer the cleaned and veined shrimp with sliced onions and bay leaves in glass dish. Mix together the remaining ingredients and pour over shrimp. Marinate at least 24 hours. Delicious hors 'd oeurve or appetizer, or a garnish on mixed green salad. Be sure to use a salad oil that does not congeal at refrigerator temperature.

SUSIE'S ROLLS

1 pkg. yeast
1/4 c. lukewarm water
1/4 c. lard
1 1/4 t. salt
2 T. sugar
1 c. boiling water
1 egg
2 3/4 c. flour

Pour boiling water over lard, salt and sugar. Cool to lukewarm. Dissolve yeast in lukewarm water. Add yeast and egg and beat well. Stir in flour. Beat well. Chill at least 2 hours, or overnight. Make small balls in greased muffin tins. Brush with melted butter. Let rise 2 hours. Bake at 425 degrees for about 15 minutes.

DUTCH APPLE PIE

1 unbaked 9 inch pie crust
6 tart apples
1/2 c. sugar
1 c. finely rolled graham cracker crumbs
1/2 c. flour
1/2 c. sugar
1/2 c. chopped nuts (pecans)
1/4 t. salt
1/2 t. cinnamon
1/2 c. melted butter

Peel and slice apples thinly and mix with 1/2 c. sugar. Place in unbaked pie shell. Blend crumbs, flour, 1/2 c. sugar, salt, cinnamon and nuts. Cover apples completely with this dry topping. Then carefully drizzle melted butter over entire topping. Bake 15 minutes at 400 degrees and then lower heat to 350 degrees and bake about 45 minutes longer, or until apples are tender.

WROC - Television
Channel 5

TRUDY McNALL'S
HOME COOKING RECIPES

September 5, 1960 - September 16, 1960

Weekdays
9:30 A.M.

September 5, 1960

PLANKED LAMB CHOP DINNER

4 lamb chops, 1/2 inch thick	Green and red succotash
Melted butter	Minted pears
Salt and pepper	Mint jelly
Mashed potatoes	Radish roses
2 T. grated cheese	Parsley

Score fat on lamb chops. Place on broiler rack and brush with melted butter. Place broiler pan so that the surface of the chops is 4 inches from the heat. Broil 8 minutes or until brown on one side. Season with salt and pepper. Remove from oven, turn chops and transfer to a seasoned plank or sizzling platter. With pastry tube, put a border of mashed potatoes, that have been mixed with the cheese, around the edge. Arrange the green and red succotash inside the border of potatoes. Put mint jelly in the center of each minted pear half and place on plank. Brush vegetables and chops with melted butter. Season vegetables. Return plank to oven, placing it in same rack position. Broil for 5 minutes, or till potatoes are brown and chops are done. Garnish with radish roses and parsley. Serves 4.

GREEN AND RED SUCCOTASH

Combine 1 box frozen cut green beans, 1 box fresh cut frozen corn, 1/2 c. water, 1/2 t. salt. Cook till tender. Drain, add butter to taste and 2 T. chopped pimiento.

MINTED PEARS

Combine 1 c. sugar, 1 c. water to make a syrup. Flavor with a few drops of oil of peppermint. Pare 2 fresh pears, cut in half, and remove core. Simmer in mint syrup till tender but not soft. Drain well.

LUSCIOUS LEMON TARTS

1 1/3 c. sugar	1/3 c. lemon juice
6 T. cornstarch	1 t. vanilla
1/2 t. salt	1 T. unflavored gelatin
1 1/2 c. boiling water	1/4 c. cold water
2 egg yolks, beaten	1 c. heavy cream
2 T. butter	2 egg whites, stiffly beaten
1 t. grated lemon rind	

6 or 9 baked tart shells

Combine sugar, cornstarch and salt. Add boiling water and cook till thick. Place over boiling water and cook for about 10 minutes, stirring occasionally. Add 2 beaten egg yolks, blended with some of the hot mixture and the butter. Cook 2 minutes longer. Add lemon juice and rind and vanilla. SET ASIDE 1 CUP OF THIS FILLING. Soften 1 T. gelatin in the water; blend into remaining hot mixture. Stir to dissolve. Cool till mixture begins to set. Fold in the stiffly beaten egg whites. Spoon into tart shells. Top with reserved filling. Chill until set. Garnish with a sprig of mint or a little curl of lemon peel.

September 6, 1960

CRISPY OVEN CHICKEN

1/2 pint Dairy Sour Cream	1/2 t. garlic salt
2 T. lemon juice	1/2 t. salt
2 t. Worcestershire sauce	Dash pepper
1 t. celery salt	1 cut-up frying chicken
1 t. paprika	1 c. dry bread crumbs
	Melted butter

Combine sour cream, lemon juice, Worcestershire sauce, celery salt, paprika, garlic salt, salt and pepper. Dip pieces of chicken in this mixture; roll in crumbs. Arrange chicken in shallow greased baking pan. Brush with melted butter and bake uncovered at 350 degrees for 1 hour or till tender and crusty brown. Serves 4.

POTATOES FOR FOUR

Cut 4 medium potatoes, peeled, into quarters and place in 1 1/2 quart casserole. Sprinkle with salt, add 1/4 c. melted butter. Sprinkle with paprika. Cover and bake with chicken at 350 degrees for 1 hour.

LOW CALORIE SALAD DRESSING

(A dressing to add zest to your green salads but few calories)

1 can (8 ounces) tomato sauce	Dash oregano
1/2 t. salt	Freshly ground pepper to taste
1/2 t. dill seed	2 T. vinegar
1/2 t. basil	1 t. grated onion
1/4 t. sugar	1 t. Worcestershire sauce

Combine all ingredients and shake well before using.

FROZEN PEACHES AND CREAM

(An elegant dessert, full of fresh fruit, to prepare ahead and store in your freezer.)

1 1/2 c. crushed vanilla wafers	1 T. lemon juice
1/4 c. melted butter	1/2 pound marshmallows
2 T. orange juice	1 c. crushed fresh peaches, drained

1 c. heavy cream

Combine the vanilla wafers with butter and pat evenly over bottom and sides of 8 inch square pan or refrigerator tray. Heat orange juice and lemon juice. Add the marshmallows and stir until marshmallows are dissolved. Cool slightly. Stir in the drained peaches. Fold in the heavy cream, whipped. Pour into the wafer crust and freeze for several hours or till firm. Serves 6 to 8.

September 7, 1960

7th ANNIVERSARY OF HOME COOKING

COMPANY MEAT LOAF

2 pounds ground chuck	1/2 pound mushrooms
1 t. salt	1 large onion, chopped
1/4 c. tomato juice	2 T. butter
2 eggs	1/2 c. tomato juice

1 c. soft bread crumbs

Combine meat, salt, the 1/4 c. tomato juice and eggs. Shape meat mixture into a loaf in a greased baking dish; scoop out center and fill with mushroom stuffing made by sauteing sliced mushrooms in butter with onion. Add the 1/2 c. tomato juice and the bread crumbs. Add a little salt and pepper to taste. Fill meat loaf with stuffing and pat remaining meat mixture over all, enclosing stuffing completely. Bake at 350 degrees for 1 hour.

FREEZING MUSHROOMS: You can freeze mushrooms if you find a good buy on them. You can do this in several ways. FOR USE IN MUSHROOM SAUCES AND CREAMED MUSHROOMS: Blanch small whole buttons or sliced large mushrooms in 1 quart of boiling salted water containing the juice of 1 lemon for 3 minutes. Drain. Pack in freezer containers and freeze. FOR GARNISHES ON STEAKS AND CHOPS, ETC.: Dot the large button mushrooms with butter and broil until almost tender; cool; pack in freezer containers; freeze. FOR CASSEROLE AND ITALIAN DISHES SUCH AS SCALLOPINI: Saute the sliced mushrooms in butter until almost tender; cool; wrap in foil in amounts needed for dishes; freeze. CAUTION: DO NOT FREEZE MUSHROOMS WITHOUT FIRST BLANCHING, THEY WILL COLLAPSE AND BLACKEN AFTER THAWING.

CHOCOLATE MOCHA CAKE

1/2 c. butter	1/2 c. water
2 c. flour	3/4 c. buttermilk
3/4 t. salt	4 squares chocolate, melted
1 t. soda	3 eggs
2 c. sugar	1 1/2 t. vanilla
2 t. instant coffee	

Sift dry ingredients and add to butter in mixer bowl. Add water, buttermilk and cooled chocolate and beat for 2 minutes on low speed. Add eggs and vanilla and beat for 2 minutes longer. Pour batter into 2 greased and floured 9 inch layer cake pans. Bake at 350 degrees for 25 to 30 minutes or till done. Frost when cold with Chocolate Cream.

Chocolate Mocha Cake (Cont.)

CHOCOLATE CREAM: Melt 12 ounces semi-sweet chocolate bits. Blend with 1 1/2 cups Dairy Sour Cream and a dash of salt. Decorate cake with whole blanched almonds, the ends of which have been dipped in the chocolate mixture, poke almonds into cake having the tipped chocolate ends standing up in the frosted cake.

September 8, 1960

I.G.A. DAY. Shop your nearest I.G.A. store for special values this week.

COOKIE OF THE WEEK. . . . .

MINT MOLASSES COOKIES

2 c. flour	3/4 c. I.G.A. shortening
1/4 t. salt	1 c. brown sugar
2 t. soda	1/4 t. mint extract
1 t. ginger	1 egg
1 t. cinnamon	1/4 c. molasses
1/2 t. cloves	1/4 c. sugar

Sift dry ingredients. Cream shortening and brown sugar, add mint extract and egg and beat till fluffy. Stir in molasses; mix well. Add dry ingredients and stir till blended. Chill for an hour or so till dough is firm. Shape into balls the size of walnuts, roll in granulated sugar. Place 2 inches apart on ungreased cookie sheet. Bake at 350 degrees until lightly browned, about 12 minutes. Makes 4 dozen.

MEAT BALLS WITH BUTTERMILK SAUCE

1 1/2 pounds ground beef	1 t. salt
1 small onion, chopped	1/2 t. pepper
3 T. chopped green pepper	1 egg
1/4 c. diced celery	1 can mushroom soup
1 c. cooked rice	1 soup can buttermilk
	1 can (2 oz.) mushroom stems and pieces

Combine meat, onion, green pepper, celery, rice, salt, pepper and egg. Divide mixture into 12 portions and roll each into a ball. Place in greased 2 quart casserole. Combine soup and buttermilk, beat till smooth, pour over meat balls with mushrooms. Bake in 350 degree oven for 1 hour. Serves 6. Note: The extra gravy is delicious over baked potatoes.

September 9, 1960

BANANA CORNBREAD

1 package cornbread mix	3 medium bananas, mashed
1/2 c. sugar	1/4 c. lukewarm water
1/4 t. baking powder	1 egg

Combine all ingredients and beat hard for about 1 minute. Spoon into fluted paper muffin liners, place in large muffin pans. Bake at 425 degrees for 15 to 20 minutes. Makes 12.

BAVARIAN POT ROAST

(This spiced beef pot roast is a quick variation of German Sauerbraten.)

5 pound roast (chuck, rump, or bottom round)	1 1/2 c. apple juice
1 T. cinnamon	1 can (8 oz.) tomato sauce
1 T. vinegar	1 medium onion, chopped or 1 T. minced dried onion
1 t. ginger	
1 t. salt	1 bay leaf
1 c. water	Flour paste for thickening

Brown meat on all sides in a Dutch oven or heavy kettle. Combine cinnamon, vinegar, ginger, salt. Add water, apple juice, tomato sauce, onion, bay leaf and pour over browned meat. Cover and simmer for 3 hours or till tender. Remove bay leaf. Thicken gravy with flour paste and serve over sliced meat. Makes 8 to 12 servings, depending upon the cut of meat.

INDIVIDUAL DEEP-DISH APPLE PIES

(These pies are baked in homemade pans, fashioned from aluminum foil. Leftovers can be frozen for future use.)

3 c. flour	8 c. sliced apples (about 4 pounds)
1 1/2 t. salt	2 T. sugar (for each pie)
1/2 c. butter	1 T. butter (for each pie)
1/2 c. lard	

Cinnamon
Aluminum Foil

Make pastry from flour, salt, butter and lard with just enough water to hold mixture together. Using a double thickness of heavy-duty aluminum foil, line 8 large ovenware custard cups (9 1/2 ounce). Press foil firmly into cups, making it smooth and trim edges with scissors 1/2 to 3/4 inch beyond the cup's lip. Bend out overhang. Line foil pans with pastry, allowing it also to overhang. Fill each cup with sliced apples; add 2 T. sugar and 1 T. butter. Sprinkle with cinnamon. Put pastry lid on each pie, fold overhanging pastry over moistened edges and seal well. Bend foil up to catch juices. Prick top. Bake at 450 degrees for 10 minutes then reduce temperature to 350 degrees and continue to bake for 30 to 40 minutes or till apples are tender. Note: Nice for a picnic, can be eaten from the foil pans.

September 12, 1960

BARBECUED PORK CHOPS WITH PEACHES

4 loin pork chops, about 1/2 inch thick	1/2 t. salt
1/4 c. chili sauce	1/2 t. Worcestershire sauce
3 T. lemon juice	1/4 t. chili powder
1 1/2 T. brown sugar	1/3 c. water
1 T. minced onion	4 fresh or canned peach halves
1 t. prepared mustard	

Whole cloves

Brown chops in large frying pan or electric skillet. Combine chili sauce, lemon juice, brown sugar, onion, mustard, salt, Worcestershire sauce, chili powder and water. Pour over chops and cover. Simmer for about 45 minutes. Turn the chops during the cooking. Stud each peach half with whole cloves, place in skillet with chops during last 5 minutes of cooking, spoon sauce over peaches.

BANANA FLUFF PIE

(New and Different)

2 large bananas	2 egg whites
1 c. sugar	Yellow food coloring
Dash salt	9-inch baked pie shell
1 1/2 t. lemon juice	1/2 pint heavy cream

Chopped nuts

Mash bananas well, or put in a blendor and blend until smooth. Add sugar, salt, lemon juice, egg whites and a little yellow food coloring. Beat until very thick and creamy. Turn into the baked pie shell. Bake in a moderately hot oven 375 degrees for 25 minutes. Cool. Garnish with sweetened whipped cream and sprinkle with nuts.

EASY BUTTERFLY ROLLS

Use packaged hot roll mix and follow directions on package. After the first rising, divide dough in 2 equal parts and roll each into rectangle about 8 x 12 inches. Spread each piece with 1 1/2 tablespoons soft butter and roll from the long edge like a jelly roll. Stretch roll evenly to 18 inches in length by rolling under the palms of the hands. Cut in 2 inch wide pieces and using wooden spoon handle and holding it parallel to the cut edges, press deeply into the center of each roll until the handle almost cuts it in half. Place rolls on greased cooky sheets, bending ends toward the center as you do so; allow to rise until almost double in bulk. Bake at 400 degrees for 12 to 15 minutes. Makes 18 rolls.

September 13, 1960

AFTER-SCHOOL COOKIES

(Combination of peanut butter, rolled oats and raisins--a sure-fire hit with the young set.)

1 1/2 c. seedless raisins	2 c. sugar
Boiling water	3 c. flour
1 c. shortening, part butter	1/2 t. salt
1/2 c. peanut butter	3/4 t. soda
3 eggs	1 1/2 t. cinnamon
1/3 c. milk	1 1/2 t. vanilla
	1 1/4 c. quick cooking rolled oats

Pour boiling water over raisins, let stand 5 minutes, then drain and pat dry with paper towels. Cream shortening and sugar. Blend in peanut butter. Add eggs and mix well. Add milk. Sift flour, salt, soda and cinnamon and add. Add vanilla and rolled oats. Stir in raisins. Drop by spoonfuls onto lightly greased cooky sheet. Bake at 375 degrees for 15 minutes. Makes about 7 dozen medium sized cookies.

POTATOES AND PEAS AU GRATIN

(A nice casserole to serve with meats or chicken)

1 can cream of celery soup	1 pimiento, minced
1/2 c. milk	5 c. sliced cooked potatoes
1/2 c. fresh or frozen peas	1 c. shredded process sharp cheese

Combine soup and milk and heat. Stir in peas and pimiento. In a buttered casserole alternate layers of sliced potatoes and soup mixture and cheese. Bake in a hot oven 400 degrees for 35 minutes or until top is golden brown.

HAM LOAF

(Ground almonds, maple syrup and pineapple juice give a crunchy topping and glaze to this ham loaf.)

1 1/2 pounds cooked ham, ground	2 eggs
1 pound lean, raw pork, ground	1 c. crushed pineapple
2 c. crushed potato chips	3/4 c. pineapple juice
Dash pepper	1/4 c. maple syrup
	1/2 c. finely ground blanched almonds

Combine meats and potato chips. Season with pepper, add eggs and crushed pineapple along with 1/2 cup of the pineapple juice. Turn into a 9 x 5 x 3 inch loaf pan. Bake at 350 degrees for 1 hour. Beat maple syrup with remaining 1/4 c. pineapple juice. Sprinkle loaf with ground almonds; pour over hot syrup mixture. Continue baking 30 minutes longer. Lift loaf onto a heated platter.

Note: If you wish to bake potatoes and ham loaf together use temperature of 375 degrees.

September 14, 1960

MINTED LAMB SHANKS

4 lamb shanks	1 T. salad oil
1 clove garlic	2 bouillon cubes
Juice of 1/2 lemon	1 1/2 c. hot water
1/4 t. curry powder	1/2 c. dry red table wine (optional)
1 t. Accent	1 T. currant jelly
1/8 t. dry mustard	1 t. finely chopped mint leaves
1/2 t. salt	
1/8 t. pepper	

Rub each shank with the garlic, which you have peeled and crushed. Squeeze lemon juice over the meat and rub it with a mixture of curry, Accent, mustard, salt and pepper. Brown well on all sides in oil. Dissolve bouillon cubes in hot water and pour over shanks. Cover and bake at 350 degrees for 1 hour. Remove cover, brush shanks with jelly and continue baking 30 minutes longer. Skim off fat. Stir chopped mint into about 2 cups of the sauce and serve on the side. Note: If you do not use the wine add an additional 1/2 cup water.

SOUR CREAM COFFEE CAKE

(A feathery light cake with a spicy nut topping, nice for that coffee klatch while watching HOME COOKING.)

1/2 c. butter	1/2 t. soda
1 1/4 c. sugar	1/4 t. salt
2 eggs	2 T. sugar
1 c. sour cream	1 t. cinnamon
1 t. vanilla	1/4 t. mace or nutmeg
2 c. cake flour	1 T. melted butter
1 t. baking powder	1/2 c. chopped nuts

Cream butter and sugar until light and fluffy. Add eggs and beat till smooth. Mix in sour cream and vanilla. Sift flour, baking powder, soda and salt. Stir into first mixture. Turn into greased and floured 9 inch square pan. For the topping mix the 2 T. sugar, cinnamon, mace, melted butter and nuts. Sprinkle over the top. Bake at 350 degrees for 45 minutes. Note: This cake freezes well.

September 15, 1960 I.G.A. DAY

CHICKEN CACCIATORE

Cut a frying size chicken into individual pieces or use your favorite parts. Brown well in salad oil. Remove chicken from skillet. Saute 1/2 cup chopped onions and cook till golden. Add 2 cups drained, canned tomatoes, 1—8 ounce can tomato paste, 1/2 c. dry white wine or water, 1 t. salt, 1/4 t. pepper, a pinch of thyme and marjoram. Simmer the sauce together. Arrange chicken in casserole, pour sauce over it. Bake in a slow oven 325 degrees for about one hour or till tender.

CATHERINE'S CHERRY TORTE

1 c. flour	1/2 c. flour
1/2 c. butter	1 t. baking powder
2 T. sugar	1 No. 2 can cherries drained
2 eggs	
1 c. sugar	1/2 c. coconut

Combine the 1 c. flour, butter and sugar. Press down in a 9 inch pie pan or 8 inch square. Bake at 350 degrees for 12 minutes. Beat eggs. Sift the 1 c. sugar with the 1/2 c. flour and baking powder, add to eggs, add cherries and coconut. Pour over crust. Bake at 350 degrees for 45 minutes. Serve with whipped cream if desired. 8 servings.

September 16, 1960

BATTER-FRIED HALIBUT STEAK

2 lbs. halibut steaks or other fish steaks, fresh or frozen	1 t. marjoram
1 t. salt	1/2 t. salt
1 c. sifted flour	1/4 t. pepper
1 t. baking powder	3/4 c. milk
	1 egg, beaten

Thaw frozen steaks. Remove skin and bones from steaks. Cut into 1 1/2 inch cubes. Sprinkle with salt. Sift flour, baking powder, marjoram, salt and pepper. Combine milk and egg; blend into flour mixture. Dip cubes of fish in batter. Fry in a basket in deep fat 375 degrees for 2 minutes or till golden brown. Drain on absorbent paper.

OLD FASHIONED GINGER CAKES

2 eggs	5 c. flour
1/2 c. sugar	1 c. shortening or lard
1 1/2 c. molasses	1 t. salt
1/2 c. boiling water	MOLASSES GLAZE:
1 t. soda	1/2 c. molasses
2 t. ginger	1 T. butter
	1 T. hot water

Dissolve soda in 1/2 c. boiling water and add to 1 1/2 c. molasses. Sift flour, salt and ginger. Rub shortening into flour as for pie crust. Beat eggs, add sugar and beat until very light. Add molasses, stir in flour mixture. Knead to a firm dough, add more flour if necessary for easy handling. Roll out dough to 1/2 inch thickness, cut into large squares, place on lightly greased cooky sheet and bake at 350 degrees about 15 minutes or till done. While cakes are baking combine molasses, butter and water. Heat until butter has melted and syrup has thickened a little. As soon as cakes are taken from the oven brush tops with a pastry brush dipped in the hot molasses.

WROC - Television
Channel 5

TRUDY McNALL'S
HOME COOKING RECIPES

September 19, 1960 - September 30, 1960

Weekdays
9:30 A.M.

September 19, 1960

PORK CHOPS WITH ORANGE SLICES

6 pork chops, about	1 t. salt
2 T. soy sauce	1 T. brown sugar
½ t. dry mustard	3 large oranges
½ t. ginger	⅓ c. confectioners sugar

Combine soy sauce, mustard, ginger, salt and brown sugar. Rub into chops and brown chops well on both sides in small amount of fat. Turn heat to low, cover and cook chops for about 45 minutes or till tender. Remove chops from pan and keep warm. Slide oranges about 1/4 inch thick, dust with confectioners sugar on both sides and brown in same skillet, add a little butter if you need more fat. Arrange on serving plate with chops.

HERB GREEN BEANS

(A delicious herb butter brings out flavor of green beans)

1 pound green beans	1/4 t. rosemary
1/4 c. butter	1/4 c. minced parsley
1/2 c. finely chopped onion	1/4 t. basil
1/4 c. finely chopped celery	3/4 t. salt

Snipends from beans and cut them diagonally into 2 inch pieces. Cook in a covered pan with about 1 inch of boiling water for about 15 minutes or till just tender. Meanwhile melt butter in small saucepan; add onion, celery and cook about 5 minutes. Add herbs and salt; cover and simmer 10 minutes. Just before serving, toss the herb flavored butter with the drained beans. 3 to 4 servings.

NEW FUDGE CAKE

(A slightly thickened, cocoa-flavored syrup is poured over this light tender fudge cake after it cools. The glazed cake is very moist but not soggy.)

1 c. sugar	1 t. baking powder
2T. cocoa	1 t. salt
1/4 c. butter	1 t. soda
1 egg	1/2 c. sour milk or buttermilk
1½ c. cake flour	1 t. vanilla
1/4 c. boiling water	

Combine sugar and cocoa. Add butter and cream well; blend in egg. Sift flour, baking powder and salt. Dissolve soda in sour milk and add to creamed mixture alternately with dry ingredients. Stir in vanilla and boiling water. Pour into greased and floured 6 x 12 inch baking pan. Bake at 350 degrees for 30 minutes. While cake is cooling make the glaze.

GLAZE: Combine 2/3 c. sugar, 1 T. cocoa, and 1 T. cornstarch and mix well. Gradually add 1½ c. hot water. Add 1 T. butter. Cook over hot water stirring constantly until thickened. Add 1 t. vanilla. Pour hot syrup over the cooled cake.

September 20, 1960 (AN OVEN MEAL)

HARVARD BEETS

6 beets	2 T. butter
3 T. flour	Dash pepper
2 T. sugar	1/2 t. salt
1/2 c. vinegar	1/2 c. water

Wash beets and cook in boiling water until the skins loosen, then drop them into cold water and slip off the skins. Dice beets, place in baking dish. Combine remaining ingredients, cooking until thickened. Pour over beets, bake at 350 degrees for 1 hour.

SPUDZDELUX

(A new recipe for scalloped potatoes that will not curdle. Evaporated milk is the secret)

5 or 6 medium potatoes, diced	2 T. flour
2 T. melted butter	Evaporated milk

Salt and pepper

Peel and dice the raw potatoes, let them stand in ice water for 20 minutes. Dry them well, sprinkle with salt and pepper. Melt butter, stir in potatoes until they are well coated, stir in flour and mix well. Pour into buttered casserole, cover with evaporated milk diluted with water. Bake at 350 degrees, covered for 1 hour, uncover and bake for 10 to 15 minutes to brown nicely.

BUFFET MEAT LOAF

1 pound ground beef	1 small onion, minced
1/4 pound bulk sausage	1 t. salt
1½ c. soft bread crumbs	1/4 t. pepper
1 egg	1/4 t. sage
3/4 c. milk	1 can (8 ounces) tomato sauce

Several sprigs of parsley

Combine all ingredients except parsley and tomato sauce and mix well. Pack into a lightly greased loaf pan. Make a little "trough" down the center of the top and tuck in parsley springs, and press them firmly into meat mixture. Bake at 350 degrees for 45 minutes, remove from oven, pour off the fat and liquid that has collected around the loaf, pour the tomato sauce over the meat and return to oven for 20 to 30 minutes. Turn out and serve hot. 6 servings.

LUSCIOUS LEMON BREAD PUDDING

(This really shouldn't be called bread pudding for no one would recognize it as such.)

3 c. broked pieces of soft bread, crusts removed	1/4 t. salt
3 c. milk	1/4 t. nutmeg
3 eggs, separated	1 t. grated lemon rind
1 c. sugar	1/4 t. lemon extract

Pour milk over bread and let stand until very soft. Stir in slightly beaten egg yolks, 2/3 c. of the sugar, salt, nutmeg and lemon extract. Pour into well greased baking dish (1½ quart size) and set in shallow pan containing hot water about ½ inch deep. Bake at 350 degrees for about 1 hour or until pudding is lightly browned and begins to leave sides of dish. Remove from oven. Beat egg whites until stiff, add remaining 1/3 c. sugar, a dash of salt and the lemon extract. Spread on top of pudding and bake at 350 degrees about 15 minutes. Serve warm or cold and decorate with spoonfuls of currant jelly. 6 servings.

September 21, 1960

VEAL SCALOPPINE

(Veal SCALOPPINE IS ONE OF THE DISHES YOU'LL FIND ON THE MENU OF ALMOST EVERY SINGLE ONE OF THE MANY ITALIAN RESTAURANTS IN SAN FRANCISCO. This recipe is such an easy one for the dish is baked in the oven.

1 veal cutlet (about 1-1/4 pounds)	1/2 c. dry white table wine
Clove of garlic	1/2 c. grated Parmesan cheese
2 or 3 medium tomatoes	
1 c. drained canned mushrooms	

Cut veal into small pieces and brown lightly in a little oil with a peeled clove of garlic in the skillet. Wash but do not peel tomatoes, cut into thick sliced place on top of veal. Add drained mushrooms. Combine wine and cheese and pour over all. Bake at 400 degrees for 20 to 30 minutes or until bubbling hot and cheese is tinged with brown. Serves 3 to 4. NOTE: Serve with broad noodles and buttered peas.

CONGO CREAM PIE

(A layer of chocolate on the bottom of the pie is a pleasant surprise)

1/2 c. brown sugar	3 eggs, separated
1/3 c. white sugar	2 T. butter
1/3 c. flour	1 t. vanilla
1/4 t. salt	1/2 c. chocolate chips
2 c. milk, scalded	1 baked 9 inch pie shell

6 T. sugar

Combine brown sugar, white sugar, flour and salt. Stir slowly into scalded milk. Cook over boiling water, stirring until thickened. Beat egg yolks slightly, add a small amount of the milk mixture to them. Stir egg yolk mixture into remaining hot mixture. Cook for 2 minutes stirring constantly. Remove from heat, add butter and vanilla. Sprinkle chocolate bits evenly over the bottom of the pie shell. Beat egg whites until stiff, beat in the 6 T. sugar to make a stiff meringue. Pour cooled cream filling into pie shell and swirl on meringue. Bake at 325 degrees until lightly browned, about 12 minutes.

September 22, 1960 I.G.A. DAY

HAM AND SCALLOPED POTATOES

1 center cut slice of ham	Flour
3 or 4 baking potatoes	Butter
Salt and pepper	Milk

Paprika

Place ham slice, cut up or whole in bottom of buttered casserole. Slice half of peeled raw potatoes thinly over it. Sprinkle with salt and pepper to taste, then lightly with flour and dot with butter. Slice remaining potatoes and sprinkle again with salt and pepper, flour and dot with butter. Pour milk into casserole until it just reaches very top of potato slices, taking care to pour at the side of the dish and not disturb seasonings on top layer. Sprinkle lightly with paprika and bake at 350 degrees for 1 hour or until potatoes are tender and crusty brown on top. Serves 3 or 4.

BAKED STUFFED PEACHES

(A nice accompaniment to ham)

6 canned peach halves	3 maraschino cherries, finely chopped
1/3 c. blanched toasted almonds finely ground	3 T. brown sugar
	1/8 t. almond flavoring

1/4 c. sherry (optional)

Arrange peaches in lightly greased baking pan. Combine almonds, cherries, sugar and flavoring. Spoon into center of peach halves. Pour sherry over fillings. Bake at 350 degrees for 15 minutes or until hot. NOTE: Fresh peaches may be used.

SWEET-SOUR HAM

Combine 1 c. syrup from a large can (1 lb. 14 oz.) sliced pineapple with 1 c. consomme or beef broth, 1 c. wine vinegar, ½ c. brown sugar, 4 t. soy sauce and 2 T. cornstarch. Heat together and use to baste and glaze ham starting about 1 hour before it is done. Cut the pineapple sliced in half and use to decorate the top of the ham, securing them with toothpicks and studding with cloves if desired. Before serving, add any remaining pineapple to the rest of basting sauce; reheat and serve with the ham. NOTE: This amount is enough for a whole ham. For half ham or a thick slice, cut the amounts in half, using a 15 ounce can of pineapple slices, chunks or spears.

COCONUT ICEBOX COOKIES

Refrigerate

2/3 c. butter	1½ c. shredded coconut
3/4 c. sugar	1-3/4 c. flour
1 egg	1½ t. baking powder
1 t. vanilla	Pinch salt

September 23, 1960

SHISH-KEBAB

(Another recipe from San Fransisco - this one is Armenian and it is to the Armenians what corn beef and cabbage is to the Irish. Always serve shish kebab with pilaff)

1 leg of lamb (5 or 6 pounds)	1/3 c. sherry or vinegar
1/2 pound onions	2 T. oil
1/2 t. pepper	3/4 t. oregano

Remove all fat and gristle from the leg of lamb. Bone it and cut into 1 inch squares. Mix meat with sliced onions, seasonings and other ingredients. Let meat marinate in sauce for at least an hour and preferably overnight. Put on skewers and broil until crisply brown on all sides. NOTE: Delicious done over charcoal.

RICE PILAFF

3 c. regular rice	1 small onion chopped
1/4 pound butter	6 c. broth, chicken, lamb or beef
Salt and pepper	

Melt butter in skillet, add dry rice. Brown slightly. Brown onion in another pan with a little of the butter until golden brown. Combine rice, onion, broth and seasonings. Stir well. Bake in oven 375 to 400 degrees for 30 minutes. Remove from oven, stir well and bake again for 10 minutes. Note: The Armenians use bulghour instead of rice, which is similar but is whole kernels of wheat which are dried in the sun. You use the same recipe if you are using the bulghour. It can be purchased in Greek or Armenian stores.

RAW SPINACH SALAD

(This salad is delicious and has made Omar Khayyam's restaurant in San Francisco famous. It is served before the entree or main course. To make it remove stems from raw spinach. Wash very well in cold water. To help remove sand and grit, add 1 t. of baking soda to the water you wash it in. Drain well and cut into strips about 1 inch wide. Season with salad oil, lemon juice and chill. When ready to serve, add hard cooked eggs, chopped and garnish with tomatoes and asparagus spears. Serve with the following dressing.

OMAR'S DRESSING

2 eggs	1 t. Worcestershire sauce
1 T. sugar	1/2 c. ketchup
1 t. salt	1 pint salad oil
1/2 t. paprika	1/2 c. vinegar
1/2 t. dry mustard	2/3 c. warm water

Mix all ingredients together except oil, vinegar and water in mixing bowl that has been rubbed with garlic. Stir them into a smooth paste. Add oil slowly alternating with vinegar. Beat with electric mixer into a thick dressing, adding the warm water slowly. Keep in a cool place.

WALNUT CHEESE STICKS

(Rice flaky cookies to serve after a hearty meal. Serve with fruit such as grapes or apples.)

1/2 pint creamed	1/4 c. butter
1 c. butter	2 c. flour
1/4 c. butter, melted	3/4 c. brown sugar

3/4 c. finely chopped walnut meats

Blend cottage cheese and butter together with a fork. Sift flour into butter mixture and mix until dough holds together. Roll out on lightly floured surface 1/8 inch thick. Spread dough with melted butter, then sprinkle with brown sugar and nuts. Cut into triangles 3 inches wide at the base. Beginning at the base of the triangle, roll dough into sticks. Place on an ungreased baking sheet with the point side on the bottom and bake at 400 degrees for 20 minutes or till golden brown. Makes 3 dozen.

September 26, 1960

ORANGE SHERBET RING

(Use as a dinner or dessert salad. For a family size dessert-salad cut recipe in half.) Nice with chicken or veal.

2 packages orange jello	2 cans (11 oz. each) mandarin orange slices, well drained
2 c. hot water	
2 T. lemon juice	
1 pint orange sherbet	1 pint low-fat cottage cheese or whipped cottage cheese
3/4 c. Dairy sour cream	

Dissolve jello in hot water, add lemon juice and cool to room temperature. Soften the sherbet until it can be folded into the gelatin mixture; add it with the mandarin oranges. Turn into a 6 cup ring mold and chill until firm. To serve: Mix cottage cheese with 1/2 c. of the sour cream and heap in the center of the salad ring. Spoon the rest of the sour cream on top. If desired sprinkle with grated orange rind.

CHICKEN TCHAKHOKHBELLI

(Another way of cooking chicken . . . a recipe from San Francisco. The sherry seems to bring out the flavor of the chicken)

2 - 2 to 2½ pound chickens	1/2 c. tomato juice
1/4 pound butter	1 t. paprika
1 large onion, sliced	1 t. salt
1/2 c. sherry	1/8 t. pepper
	1 c. water

Quarter chickens, you will have 8 pieces. Melt butter in skillet, brown chicken lightly. Remove from skillet and place in baking pan. Saute onion in butter left in skillet. Add all other ingredients and pour over chicken in baking dish. Bake uncovered at 400 degrees for 1 hour, turning after first half hour. After second half hour turn again and bake for another 15 to 20 minutes or till done. Serve with rice pilaff. Note: See September 23 for rice pilaff which can be baked in oven with chicken.

September 27, 1960

PEDA BREAD

(This is the most popular Armenian bread in America. We had it in California and it is just wonderful. It is sometimes called dunking bread, for it is so good when soaked up with meat and vegetable juices.)

6 c. flour	1 T. salt
1 c. milk or water	2 T. sugar
2 T. shortening or butter	1 yeast cake

1/2 c. lukewarm water

Dissolve yeast in lukewarm water. Warm the milk, add to it the sugar, melted shortening and salt. Cool to lukewarm. Sift flour into large bowl. Add liquids and mix to the consistency of bread dough. Cover and let rise for 2 hours. Remove to floured board and knead down. Cover again and let rise for 2 hours. Remove to floured beard and knead down. Cover again and let rise for about an hour. Now pinch off pieces of dough about the size of a lemon. Roll out to oblong pieces about ½ inch thick. Place side by side in baking pan. Brush top of bread with butter. Bake at 400 degrees for 10 minutes, then reduce heat to 350 degrees and bake until nicely browned. Serve hot. Note: This bread is delicious reheated.

MILESTRONE

(Delicious and satisfying. Almost a meal in itself)

2 ham hocks	1 clove garlic, minced
3 quarts water	1 c. red beans, soaked overnight
1 bay leaf	
Pinch of thyme	1 large can solid pack tomatoes
Pinch of rosemary	
1/2 t. ground pepper	1 c. chopped celery
1/2 c. chopped parsley	1 c. finely cut string beans
1/4 c. chopped onion	
1 pound spaghetti	1 c. finely cut carrots
Parmesan cheese, grated	1 c. finely cut spinach

1 c. finely cut cabbage

Place ham hocks, water, bay leaf, thyme, rosemary, pepper, parsley, onion, garlic, and red beans in a large kettle. Bring to a boil, cover tightly and simmer slowly for 4 hours. Add tomatoes and the chopped vegetables (you can use any vegetables you want, the more the better for the soup should be very thick.) and cook for 30 minutes or until vegetables are done. Add salt to taste. Add spaghetti to thicken . . . you will need about a pound. Cook till done. Serve with plenty of Parmesan cheese. Serves 8 to 12. Reheats beautifully.

September 28, 1960

CUBE STEAKS, WESTERN STYLE

1 medium sized onion, chopped	1 T. Worcestershire sauce
1 medium sized green pepper, chopped	1 T. chili sauce
1 pimiento, chopped	Salt and Pepper
2 T. shortening	1/4 c. bread crumbs
1 can, 8 ounces, tomato paste	6 cube steaks
1 can (4½ oz.) chopped ripe olives	1/4 c. grated parmesan cheese

Saute onion, green pepper and pimiento in shortening till tender. Stir in tomato paste olives, Worcestershire sauce and chili sauce. Season to taste with salt and pepper. Thicken with bread crumbs. Pain meat with mixture saving out half for sauce. Roll meat and place folded side down in a casserole. Pour in remaining sauce and sprinkle with cheese. Bake at 375 degrees for 35 to 40 minutes or till meat is tender.

COCONUT CHOCOLATE CAKE

(A light brown cake, moist and tender with a fine grain. The coconut keeps this cake from drying out.)

2 c. flour	5 eggs, separated
1 t. soda	1 square unsweetened chocolate
1/4 t. salt	
1 c. butter	2 c. shredded coconut
2 c. brown sugar	1 c. buttermilk or sour milk
1 t. vanilla	

Sift flour, soda and salt. Cream butter and brown sugar. Add egg yolks and beat well. Melt chocolate, cool and stir in. Combine coconut and dry ingredients and stir into the creamed mixture alternately with the sour milk. Stir in vanilla. Beat whites until stiff and fold into the batter. Pour into 4 8 inch layer cake pans that have been lined with waxed paper. Bake at 350 degrees for 30 minutes. Cool and frost as desired.

September 29, 1960

LEG OF LAMB FRANCAIS

5 to 6 pound leg of lamb	1 bottle (8 ounces) French dressing
Salt and pepper	

Do not have the fell removed from the leg of lamb. Season. Place skin side down in rack in open roasting pan. Do not cover and do not add water. Roast in a slow oven 300 degrees for 2½ to 3½ hours or until meat thermometer registers 175 for medium or 180 degrees for well done lamb. Baste every half hour with French dressing. The French dressing baste isn't necessary but it gives the leg of lamb a delicate orange-colored glaze and a nice flavor accent.

HOW TO COOK LAMB SHOULDER

Rub shoulder well with salt. Brown well in kettle. Add 1/4 c. water, 1/4 c. chopped celery, 1/2 c. chopped onions, 1 c. cooked tomatoes and 1/4 t. chili powder. Cook slowly over low heat or in a moderate oven 350 degrees for about 2½ hours for a 4 pound shoulder.

LAMB SKILLET

Brown 1½ pounds lamb stew meat in small amount OF FAT! When well browned add 1 T. Worcestershire sauce, 1 t. salt and 1 c. tomato juice. Simmer, covered for 1½ hours or till fork tender.

HONEY NUTLETS

(Honey provides the moisture in these cookies studded with walnuts and pecans. They are thin and crisp on the edges, soft and chewy inside.

1 c. shortening	2 t. soda
1 c. brown sugar	1 t. salt
1 c. honey	1 t. cinnamon
1 egg	1/2 c. chopped nuts (walnuts)
4 c. flour	

1/2 c. chopped pecans

Cream shortening and sugar, blend in honey then egg. Sift flour, soda and spices and add. Stir in chopped nuts. Drop by teaspoonfuls onto lightly greased baking sheet leaving 2 inches between cookies. Bake at 350 degrees for 18 minutes. Makes 6 to 7 dozen cookies.

September 30, 1960

SALMON CHEESE LOAF

1-1 pound can salmon	1/2 t. celery salt
1 c. grated American cheese	1/8 t. pepper
	1 egg, beaten
1 c. bread or cracker	2/3 c. milk
1 T. chopped onion	2 T. melted butter
1/2 t. salt	

*Olive Almond Sauce

Flake salmon, add cheese, crumbs, onion, salt, celery salt, pepper, egg, milk and butter. Bake at 350 degrees for 30 minutes or until lightly browned. Shape into a loaf and place in a greased shallow baking pan. Serve hot with olive almond sauce.

OLIVE ALMOND SAUCE

Prepare 1 c. medium white sauce, add 1/4 c. stuffed olives sliced, 1/4 c. toasted almonds cut in strips and 1/4 c. mayonnaise. Serve at once after adding mayonnaise. This sauce really does something for salmon loaf.

APPLE AND PEAR CRISP WITH ICE CREAM

Work with pastry blender until crumbly 1/2 c. brown sugar, 1/2 c. white sugar, 3/4 c. flour and 1/4 c. butter. Spread 4 c. coarsely sliced apples and pears (4 apples and 2 pears) in a greased shallow 1½ quart baking dish. Pour over them 2 T. lemon juice mixed with 1/4 c. water. Sprinkle generously with cinnamon, lightly with nutmeg. Top with crumb mixture. Bake uncovered at 350 degrees for 50 to 60 minutes or till apples are tender and crust is golden brown. Serve warm, topped with ice cream. 6 servings.

date and apricot nut bread

1/2 c. dried apricots	1½ t. salt
1/2 c. dates	1/4 t. soda
3/4 c. chopped nuts	1 c. brown sugar
3 c. flour	1 egg
3 t. baking powder	1½ c. milk

Cover dried apricots with boiling water and let stand 15 minutes, drain and snip them into strips with scissors. Cut dates into pieces. Combine dates, apricots and nuts. Sift flour, baking powder, salt and soda into mixing bowl, add brown sugar, fruit and nuts and mix well. Stir in egg mixed with milk. Batter should be thin. Pout into greased 8 x 4 x 4 inch loaf pan. Let stand 20 minutes. Bake at 350 degrees about 1-1/4 hours. Cool on rack.

WROC - Television
Channel 5

TRUDY McNALL'S
HOME COOKING RECIPES

October 3 - 14, 1960

Weekdays
9:30 A.M.

October 3, 1960

SKILLET ROASTED BEEF LOAF

1/4 c. fine dry bread crumbs	1/4 t. pepper
1/2 c. water	1 onion, chopped
2 pounds ground beef	1 T. chopped parsley
2 eggs	2 T. butter
1 1/2 t. salt	12 small carrots
	6 medium potatoes
1 pound green beans	

Soak bread crumbs in water. Mix with beef, eggs, salt, pepper, onion and parsley. Shape into a loaf. Brown in butter. Cover and cook over low heat for 1 hour, adding a little water if necessary. Add vegetables, cook 45 minutes longer. Serves 5 to 6.

ORANGE APPLE CAKE

(Moist and delicious. Serve plain warm with or without whipped cream. Serve cold with a citrus-flavored butter icing.)

2 c. finely chopped peeled apples	1 1/2 c. flour
1 c. sugar	1 t. soda
1 egg	1/2 t. salt
1/2 c. melted butter	1 t. cinnamon
2 T. grated orange rind	1/2 c. prunes, finely chopped
1/2 c. chopped nuts	

Combine apples with sugar and let stand 10 minutes. Add egg and beat well; stir in butter and orange rind. Sift dry ingredients and add to first mixture. Add prunes and nuts and mix until blended. Pour into greased and floured 8 inch square pan. Bake at 350 degrees for about 55 minutes or until done.

SWEET BRIOCHE

1/3 c. butter	1/4 t. salt
1/4 c. milk	2 1/3 c. flour
1 pkg. or cake yeast	1 egg
1/4 c. warm water	1 egg yolk
1/3 c. sugar	1 t. grated lemon rind
1 egg white	

Scald milk; cool to lukewarm. Crumble or sprinkle yeast into warm water; stir till dissolved. Add milk, sugar, salt and half the flour. Beat until smooth. Stir in softened butter. Add egg and egg yolk and beat in. Add remaining flour and lemon rind; stir to mix; then beat 5 minutes with spoon. Brush batter with melted butter. Cover and let rise in warm place until doubled in bulk, about 1 hour. Cover with foil or damp towel; refrigerate overnight. Turn out on lightly floured surface. Shape as desired. Bake as directed.

TRADITIONAL BRIOCHE: Grease 14 to 18 2 3/4 inch brioche molds or muffin cups. Turn dough out on lightly floured surface; cut off 1/4 and set aside. Shape remaining dough into 1 1/2 inch balls; place one in each mold. Make deep dent with finger in center of each. Shape remaining dough into same number of smaller balls; place 1 ball in each indentation. Brush tops with melted butter. Cover and let rise; brush with slightly beaten egg white. Bake at 375 degrees for 15 minutes or till done.

LUNCHEON BRAID: Divide dough into thirds; form each into roll 18 to 20 inches long. Braid the three strips together; pinch ends to seal. Place on large greased cookie sheet. Cover and let rise; brush with egg whites. Bake at 375 degrees for 25 minutes or till done. Serve warm as is or cool and frost with confectioners sugar frosting.

October 4, 1960

CHICKEN A LA KING (Excellent basic recipe)

3 c. cooked chicken	2 T. flour
4 T. butter	1 c. chicken stock
1/2 pound mushrooms, sliced	2 egg yolks
1 green pepper, diced	1 c. rich milk or light cream
1/2 t. paprika	2 T. diced pimiento
1/4 c. sherry, optional	

Chicken a la King (Cont.)

Cut chicken in small bite size pieces. Melt butter, add mushrooms and green pepper, cook till soft but not brown, stir in paprika and flour. Add chicken stock and bring mixture to a boil. Beat egg yolks, beat in cream, add to sauce and stir until thickened. Add the chicken and place over hot water to heat well. If using sherry add just before serving, add pimiento. Serve over toast or in patty shells. Serves 4 to 6.

HAWAIIAN WALDORF SALAD

Combine 2 c. unpeeled red-skinned apples, diced, 1/2 c. drained pineapple tidbits, 1/4 c. chopped walnuts, 1/2 c. sliced celery with just enough dressing to moisten. Serve on lettuce. Serves 4.

DATE AND NUT TORTE

4 eggs	1 t. baking powder
1 c. sugar	2 c. finely-cut pitted dates
1 c. fine dry bread crumbs	1 c. chopped nuts

Beat eggs well, gradually beat in sugar. Combine bread crumbs and baking powder and add. Add dates and nuts. Spread in well greased 9 inch square pan. Bake at 350 degrees for 35 minutes. Remove from pan and cool. Cut into 12 bars. Serve with whipped cream or ice cream. THESE WILL FREEZE.

October 5, 1960

PORK CHOPS WITH CORN DRESSING

(Pork chops are moist and tender baked under this corn dressing.)

6 medium thick pork chops	2 c. stale bread crumbs
2 T. drippings	1 c. cream style corn
1 small onion, chopped	1 c. water
1 green pepper, chopped	Salt and pepper

Brown chops on both sides and arrange in a single layer in a shallow pan. Saute onion and green pepper in 2 T. of the drippings until lightly browned. Add bread crumbs, corn and water and seasonings. Spread dressing evenly over chops. Bake at 350 degrees for 1 hour.

BUTTERMILK NUT GINGERBREAD WITH FOAMY SAUCE

2 c. flour	1 egg
1 1/4 t. soda	1/2 c. Brer Rabbit molasses
1/2 t. salt	1/3 c. butter
1 t. ginger	2/3 c. brown sugar
1 t. cinnamon	3/4 c. buttermilk
1/2 t. allspice	3/4 c. chopped nuts
1/4 t. cloves	

Sift together flour, soda, salt and spices. Beat egg, add molasses. Cream butter and sugar, add egg-molasses mixture. Beat till smooth. Add dry ingredients alternately with buttermilk. Add nuts. Pour into greased and floured 9 inch square pan. Bake at 350 degrees for 35 to 40 minutes or till done. Serve warm or cool. Cut into 9 squares. Serve with foamy sauce. THIS WILL FREEZE.

Foamy Sauce: Beat 1 egg white until stiff. Cream 1/4 c. butter with 2 c. sifted confectioners sugar. Add 1 egg yolk and 1/4 c. orange juice. Fold in stiffly beaten egg white.

October 6, 1960 I.G.A. DAY

ROUND STEAK WITH RICE

(An easy one-dish meal for a busy day. Cut the round steak into strips rather than cubes, the casserole will have a more inviting appearance.)

1 1/4 pounds round steak	4 medium carrots, cut in 1/2 inch slices
2 T. flour	1 t. salt
2 medium onions, chopped	1/4 t. pepper
3 T. shortening	1/4 t. thyme
1 c. uncooked rice	1 No. 2 can I.G.A. tomatoes

Cut meat into finger-size strips, dredge in flour. Brown meat and onions in shortening. In a 2-quart casserole arrange the browned meat and

Round Steak with Rice (Cont.)

onions, rice and carrots in layers. Sprinkle with salt, pepper, and thyme. Pour tomatoes over all. Cover and bake at 350 degrees for 1 1/2 hours or till meat is tender. Serves 4.

FRYING PAN COOKIES

3/4 c. sugar	1 c. chopped nuts
1 c. chopped dates	1 c. cornflakes
2 eggs	1 c. crisp rice cereal
1 t. vanilla	1 c. shredded coconut

In heavy skillet combine sugar, dates, eggs. Cook over medium heat, stirring constantly until mixture pulls away from the sides of the pan--about 5 minutes. Cool for about 3 minutes, add vanilla and nuts. Carefully work in cornflakes and crisp rice cereal. Wet your hands with cold water and form mixture into balls about the size of a walnut. Roll in shredded coconut and cool on a platter. Makes 2 dozen.

EASY CHOCOLATE ROLL

Take 1 pkg. angel cake mix. Mix according to directions on package substituting 1/4 c. cocoa for 1/4 c. of the flour mixture. Spoon batter into waxed paper lined 12 x 18 inch pan. Sprinkle top with nuts before baking if desired. Bake at 375 degrees for 25 minutes. While still warm roll cake in a clean tea towel sprinkled with confectioners sugar. Before serving unroll and spread with sweetened whipped cream. You may also fill with ice cream if desired.

October 7, 1960

HONEY NUT COFFEE CAKE

(A delicious coffee cake almost like a strudel dough, but not as difficult to make.)

1/2 c. milk, scalded	1 yeast cake
1/2 c. water	1 egg, beaten
2 T. sugar	3 1/2 to 4 c. flour
1 1/2 t. salt	2 T. soft shortening

Combine milk, water, sugar and salt, cool to lukewarm. Crumble in yeast, add egg and stir until yeast is dissolved. Add about half of the flour and beat well; beat in shortening; add remaining flour and turn dough out on floured surface and knead until dough is smooth. Place dough in UNGREASED bowl, cover with damp cloth, let rise about 1 1/2 to 2 hours or until dough is double in bulk. Round up dough into a ball and place on floured surface, cover with cloth and let rest 15 minutes. Roll out carefully into thin sheet about 18 x 35 inches; spread with cooled HONEY NUT FILLING. Roll up long way; seal edge by pinching dough together. Coil into heavy, well greased 10 inch skillet or round pan; let rise about 1 hour. Bake at 400 degrees for about 40 minutes. Take from pan and place on rack. While still warm spread with frosting made by combining 1/2 cup confectioners sugar, 1 t. grated orange rind and enough orange juice to make of spreadable consistency.

HONEY NUT FILLING: Combine 1 c. finely chopped nuts, 2 T. butter, 1/2 c. honey, 1 T. grated orange rind, 1 T. orange juice and 1 egg, in a small saucepan. Cook about 5 minutes, stirring constantly. Cool.

HALIBUT STEAKS WITH PIQUANT MERINGUE

2 pounds halibut steaks or other fish steaks, fresh or frozen	1/2 c. mayonnaise or salad dressing
1 t. salt	1 t. Worcestershire sauce
Dash pepper	1/2 c. grated cheese
1/4 c. butter	1/2 t. prepared mustard
1 egg white, beaten	

Thaw frozen steaks. Cut into serving-size portions and sprinkle with salt and pepper. Place on greased broiler pan about 3 inches from heat. Brush with butter and broil 4 to 8 minutes or until lightly browned. Baste with butter and turn carefully. Brush other side with butter and broil 4 to 8 minutes longer or until fish flakes easily when tested with a fork. While fish is broiling, combine next 4 ingredients and fold in egg white. Place mixture on top of fish. Brown in broiler 1 minute. Serves 6.

October 10, 1960

(GETTING READY FOR THE HOLIDAYS)

RICH DARK FRUIT CAKE

(A new recipe this year, rich, moist and delicious, make now for Thanksgiving or Christmas, improves with age.)

3/4 c. butter
3 c. flour
2 t. baking powder
1 t. salt
2 t. cinnamon
1/2 t. allspice
1/2 t. cloves
1/2 t. nutmeg
1 pound mixed candied fruit
1/2 pound whole candied cherries
1/2 pound candied pineapple, cut in thin wedges
1 pound raisins
1/2 pound dates, cut in pieces
2 c. nuts (walnuts, pecans or almonds)
4 eggs
1 3/4 c. brown sugar
1 c. liquid, fruit juice or brandy
1/4 c. molasses

Melt butter and set aside to cool. Sift flour, salt and spices. Combine fruits and nuts. Add to flour mixture. Beat eggs until foamy, beat in sugar. Add liquid and molasses. Add to flour mixture and stir until well combined. Turn into pans that have been greased and lined with waxed paper. Bake in slow oven 275 degrees for 2 1/2 to 3 hours. Cool before removing from pans. Makes one 10 inch tube pan--two 9 x 5 x 3 inch pans--four 1 lb. loaf pans or coffee cans--or six No. 2 cans or 3/4 pound loaf size.

CUBE STEAKS WESTERN STYLE

1 medium onion, chopped
1 medium green pepper, chopped
2 T. shortening
1 can (8 ounces) tomato paste
1 can (4 1/2 oz.) chopped ripe olives or mushrooms
1 T. Worcestershire sauce
1 T. chili sauce
Salt and pepper
1/4 c. bread crumbs
6 cube steaks
1/4 c. grated Parmesan cheese

Saute onion, green pepper in shortening until tender. Add tomato paste, olives or mushrooms, Worcestershire sauce and chili sauce. Season to taste with salt and pepper. Add bread crumbs. Paint meat with mixture and roll, place folded side down in a casserole. Pour in remaining sauce and sprinkle with cheese. Bake at 375 degrees for about 35 minutes. Serves 6.

FLORIDA STYLE ACORN SQUASH

Wash 3 acorn squash and cut in half lengthwise, remove seeds. Place in shallow pan. Bake at 375 degrees for 45 minutes. Remove from oven; fill cavity with grapefruit sections, sprinkle with brown sugar and dot with butter. Return to oven and bake 15 minutes longer.

October 11, 1960

EASY OVEN STEW

(So easy and so delicious.) Serve with a tossed salad, dessert.

2 pounds boneless beef chuck, cut in 1 to 1 1/2 inch cubes
1/4 t. garlic salt
1 t. salt
1/4 t. pepper
1/2 t. marjoram
2 medium onions, sliced
3 medium carrots, scraped and cut into circles
1 beef bouillon cube
3/4 c. hot water
2 T. lemon juice
1 c. tomato sauce (8 ounce can)
*Cornbread mix (1 small package)

Arrange meat in buttered large shallow casserole and sprinkle with combined seasonings. Cover with vegetables. Dissolve bouillon cube in hot water, blend in tomato sauce and lemon juice and pour over meat and vegetables. Cover and bake 350 degrees for 1 3/4 hours or until meat is tender. Remove from oven and increase heat to 400 degrees. Uncover casserole and drop cornbread batter, prepared according to package directions, by tablespoonfuls on top of casserole. Bake uncovered for 15 minutes. *If desired, you can make your own biscuit dough in place of cornbread. Serves 6.

LUSCIOUS SPONGE CAKE

6 egg whites
1/2 t. cream of tartar
1/2 c. sugar
1 1/2 c. cake flour
1/2 t. salt
1 t. baking powder
1 c. sugar
6 egg yolks
1/3 c. cold water
1 t. lemon extract
1 t. vanilla

Place egg whites and cream of tartar in large mixer bowl and beat until soft peaks form, sprinkle in the 1/2 c. sugar and continue beating until very stiff. Sift flour, salt and baking powder and the 1 c. sugar. Beat egg yolks, water, lemon extract and vanilla. Add to flour mixture and beat until blended. Fold egg yolk mixture into egg whites just till blended. Pour into ungreased 10 inch tube pan. Bake at 325 degrees for 1 hour and 15 minutes. Turn pan upside down over funnel and let hang until cold. Remove from pan and frost with lemon fluff frosting. LEMON FLUFF FROSTING: Cream 1/2 c. butter with 1/4 t. salt and 4 c. sifted confectioners sugar, add 4 to 5 T. lemon juice and 1 t. grated lemon rind. Beat until smooth and fluffy. Frost cake. CAKE AND FROSTING WILL FREEZE.

October 12, 1960

BUTTER BAKED CHICKEN AND GRAVY

1/2 c. flour
3/4 t. salt
1/8 t. pepper
1 frying chicken, cut up, or favorite parts
1/4 c. evaporated milk
1/4 c. melted butter
1 can cream of chicken soup
3/4 c. evaporated milk
1/4 c. water

Combine flour, salt and pepper. Dip pieces of chicken in the 1/4 c. evaporated milk, then roll in flour mixture. Pour melted butter into a 2 quart shallow baking dish. Place chicken in dish skin side down. Bake uncovered for 45 minutes at 375 degrees. Combine soup, evaporated milk and water. Turn chicken and pour soup around pieces. Bake 30 minutes longer or till tender. Serves 4. Serve with mashed potatoes, green vegetable, jellied waldorf salad.

JELLIED WALDORF SALAD

1 T. unflavored gelatin
1/2 c. cold water
1 c. hot water
1/3 c. sugar
1/2 t. salt
1/4 c. lemon juice
1/2 c. diced celery
2 c. diced, unpeeled red apples
1/4 c. chopped nuts

Soften gelatin in cold water. Dissolve in hot water, stir in sugar, salt and lemon juice. Chill till slightly thickened. Fold in celery, apples, nuts. Turn into molds, chill till firm. Serves 4 to 6.

POTATO CHOCOLATE CAKE

(Moist and delicious. . .keeps well)

1 c. hot seasoned mashed potatoes
2 c. sugar
2/3 c. shortening
4 eggs, unbeaten
1 t. vanilla
2 c. flour
1/2 c. cocoa
3 t. baking powder
1 t. cinnamon
1/2 t. nutmeg
1/2 t. salt
1/2 c. milk
1 c. chopped walnuts

Prepare mashed potatoes. (Easy way: follow directions for 2 servings on package instant mashed potatoes.) Cream sugar and shortening. Add eggs and beat well. Add vanilla and potatoes. Sift dry ingredients, add alternately with milk to first mixture. Add nuts. Pour into 2 greased and floured 9 inch layer cake pans and bake at 350 degrees for 40 to 45 minutes. Or pour into greased and floured 13 x 9 x 2 inch pan. Bake at 350 degrees for about 50 minutes. Frost with Chocolate Butter-Cream: To make frosting melt 3 squares chocolate and 1/3 c. butter together. Combine 1 pound confectioners sugar with about 4 T. milk or cream, add melted chocolate and butter. Beat until of spreading consistency.

October 13, 1960 I.G.A. DAY

BARBECUED PORK CHOPS

6 pork chops
Shortening
1 onion, chopped
1 t. salt
1/2 c. ketchup
1 t. paprika
1/3 c. vinegar
3/4 c. water

Brown chops in small amount of shortening. Place in casserole. Saute onion in drippings. Add remaining ingredients and heat. Pour over chops. Bake uncovered at 350 degrees for 1 hour.

RIB END ROAST OF PORK

Rub meat with salt and pepper. Place fat side up in an open roasting pan. No rack necessary. Roast uncovered at 325 degrees for 35 to 40 minutes per pound or till meat thermometer registers 185 degrees. For an attractive garnish serve pear halves filled with cranberry sauce. Roast potatoes with meat, allow 1 hour and 15 minutes for medium potatoes. Turn several times.

PINEAPPLE GINGER UPSIDE DOWN CAKE

2 c. flour
1/4 t. baking powder
1 t. salt
1 1/2 t. ginger
1 1/2 t. cloves
1 1/2 t. cinnamon
1/2 t. allspice
1/2 c. shortening
3/4 c. sugar
2 eggs
1/2 c. Brer Rabbit molasses
1 t. baking soda
1 c. cold water
2 T. butter, melted
1/4 c. brown sugar
9 small slices pineapple, drained
9 maraschino cherries
Whipped cream

Sift flour, baking powder, salt and spices. Cream shortening, add sugar and beat till light. Add eggs and mix well. Stir in molasses. Dissolve soda in the water. Add dry ingredients alternately with liquid. Spread melted butter in 9 inch square pan. Sprinkle brown sugar over bottom of pan. Arrange pineapple slices and cherries over brown sugar and spread batter in pan. Bake at 350 degrees for 1 hour. Remove cake from pan immediately. Cut into 9 squares. Serve fruit side up, warm or cold. Garnish with whipped cream if desired. THIS WILL FREEZE.

October 14, 1960

CRISPY FISH FILLETS

2 pounds fish fillets
1/2 c. flour
1 medium onion, minced
Juice of 1 lemon
1/2 t. salt
1 egg, beaten
3 T. cold water
Cornflake crumbs
1/4 c. shortening

Roll fish in flour. Combine onion, lemon juice, egg and water. Dip fish in egg mixture, then roll in cornflake crumbs. Arrange in a greased baking dish. Pour shortening over fish. Bake at 425 degrees for 20 to 25 minutes. Serves 6.

CHEESE-APPLE PINWHEEL PIE

2 c. flour
1 t. salt
2/3 c. shortening
4-5 T. ice water
3/4 c. sugar
2 T. flour
1/8 t. salt
1 c. grated Cheddar cheese
5 c. tart apples, peeled and sliced into eighths
1 t. lemon juice

Make pie crust by combining the 2 c. flour and 1 t. salt. Cut in shortening. Add enough ice water to make a dough. Roll out half of pastry and line a 9 inch pie plate. Flute edge. Combine sugar, flour, salt and 2/3 c. of the cheese. Sprinkle half of this into the 9 inch pie plate lined with pastry. Fill the unbaked shell with apples and sprinkle with lemon juice. Cover with remaining sugar mixture; top with rest of cheese. Roll the remaining pastry into a 4 x 14 inch strip; cut this into 4 strips 1 inch wide. Beginning at center of pie, place one strip on apples and start spiral. At end of strip attach another by moistening ends in cold water and pinching together. Brush with milk. Bake at 425 degrees for 35 to 40 minutes or till apples are tender. THIS WILL FREEZE. HEAT TO THAW.

WROC - Television
Channel 5

TRUDY McNALL'S
HOME COOKING RECIPES

October 17 - 28, 1960

Weekdays
9:30 A.M.

October 17, 1960

RARE EYE OF THE ROUND BEEF ROAST
(From New Ladies' Home Journal Cookbook)

1 (3 lb.) piece eye-of-the-round beef wrapped in suet	2 t. salt 1/4 t. pepper 1/2 c. chopped onion

Season the roast with salt and pepper. Put the roast in roasting pan and sprinkle the chopped onion over and around the meat. Roast uncovered, in moderately slow oven, 325 degrees for not more than 2 hours for medium rare meat. Make gravy, if you wish, from onion and drippings in the pan. Slice the meat thin to serve. This beef must be cooked rare or medium rare or it will become tough. Six to eight servings.

SHREDDED CARROTS

Shred 8 carrots and put in saucepan with 5 T. water, 1/2 t. salt, 1/4 t. pepper, 1/4 c. butter and 1 t. sugar. Cover and cook exactly 10 minutes. DO NOT DRAIN. Serve with the juices. Four servings.

POTATOES BROWNED WITH ROAST

Peel as many potatoes as you need. Select them the same size or cut to the same size. Parboil until almost tender. Drain and arrange around the roast during the last half hour of roasting, turning occasionally. TIP: The parboiling of the potato makes for a fluffier potato, than if roasted the entire time with the meat.

SOUR CREAM FUDGE CAKE
(For those who like a small cake)

3 eggs	3/4 t. salt
1 1/4 c. sugar	1 t. baking soda
1 t. vanilla	1 c. Dairy Sour Cream
1 1/4 c. sifted cake flour	2 squares (2 ounces) unsweetened chocolate

Beat egg yolks until thick and lemon colored. Add 1/2 c. of the sugar gradually and continue to beat until very thick. Add vanilla. Sift flour, salt and soda. Add dry ingredients alternately to egg yolk mixture with sour cream. Stir in melted and cooled chocolate. Pour into 2 greased and floured 8 inch layer cake pans. Bake at 375 degrees for 30 minutes or till done. Cool and frost.

BEST BOILED FROSTING

Combine 1 1/2 c. sugar, 1/3 c. water, 2 T. white corn syrup. Cook, stirring until mixture begins to boil. Boil to 238 degrees or until mixture spins a fine thread. Pour slowly over 2 stiffly beaten egg whites. Beat until consistency of heavy cream. Add 3 T. confectioners sugar, 1 t. vanilla. Beat until mixture is of spreadable consistency.

October 18, 1960

FAVORITE PLUM PUDDING
(Make this now for Thanksgiving and freeze.)

2 c. seedless raisins	1/2 c. orange juice
1/2 c. finely chopped citron or other candied fruit	3 eggs
	1/2 c. sugar
	1 c. Brer Rabbit Molasses
Grated rind of 1 orange	1 1/2 c. fine dry bread crumbs
Grated rind of 1 lemon	1 c. finely chopped suet
1 apple, peeled, cored, and chopped	1 c. coarsely chopped filberts
1/2 c. sliced candied cherries	1 c. flour
	1 t. salt
1/4 c. pitted dates, chopped	1/4 t. baking soda
	1 t. baking powder
1 c. orange marmalade	1 t. cinnamon

1/2 t. each of allspice and cloves

Combine raisins, citron, orange and lemon rinds, apple, candied cherries, dates, add marmalade and orange juice. Let the fruits stand overnight. Beat eggs until very light, add sugar and molasses. Add bread crumbs, suet, filberts

Favorite Plum Pudding (Cont.)

and the soaked fruits. Sift flour, salt, soda, baking powder, cinnamon, allspice and cloves. Stir into pudding mixture. Pour into 2 greased 1 quart pudding molds, cover tightly and steam about 3 1/2 to 4 hours over boiling water. TO FREEZE: Steam just 3 hours, cool, wrap with aluminum foil, seal and freeze in the molds. Thaw and steam 1 1/2 hours before serving. Yield: 2 large puddings.

LEMON-BROILED BROILERS

2 broilers, split	Dash pepper
1/2 c. butter	Juice of 1 lemon
1/2 t. salt	Lemon wedges (garnish)

Rub broilers generously with softened butter. Sprinkle with salt and pepper. Put 1 T. lemon juice and 2 t. butter in the hollow of each broiler half. Broil, skin side down, 7 inches from heat for about 12 minutes, basting the edges with the juice in the center. Turn broilers and broil, skin side up, for 10 minutes until golden brown, basting occasionally. Remove broilers from rack and place right in the broiler pan with the juices. Bake in a slow oven 300 degrees for 30 minutes or till chicken is tender. Baste occasionally to keep moist. 4 servings.

October 19, 1960

VEAL BIRDS

1 1/2 pounds veal cutlet	1/2 t. sage or poultry seasoning
1 c. soft bread crumbs	1/4 c. melted butter
1 T. chopped parsley	3 T. flour (seasoned)
1 medium onion, chopped	2 T. shortening
	3/4 c. chicken broth
1 t. salt	1/2 c. water
1/4 t. pepper	

Pound veal cutlet very thin, cut into serving pieces. Combine bread crumbs, parsley, onion, salt, pepper and sage. Add butter to make a moist dressing. Place a spoonful of dressing on each piece of veal and roll up. Fasten with toothpicks. Roll in seasoned flour. (Add 1/2 t. salt and 1/4 t. pepper to the 3 T. flour.) Brown in shortening. Add broth and water, cover and simmer 30 to 40 minutes or till tender. Remove toothpicks before serving.

OATMEAL DATE BARS

1 pound pitted dates	2 1/2 c. quick cooking rolled oats
1 c. sugar	
1/2 c. hot water	2 1/2 c. flour
1 c. chopped nuts	3/4 t. salt
1 c. shortening	1 t. baking soda
1 c. brown sugar	1/2 c. hot water

For the filling cut dates into small pieces, add the 1 c. sugar and the hot water. Cook over medium heat, stirring occasionally until thickened. Add nuts and cool. For the dough: Cream shortening and brown sugar. Add rolled oats. Sift flour and salt. Dissolve soda in hot water. Add flour alternately with hot water. Mix well. Chill dough in refrigerator until firm enough to roll. Roll on floured surface to about 1/8 inch thickness. Spread the filling over half of the dough. With a wide spatula turn the other half of the dough over the filling, sandwich fashion. Pat smooth. Cut into squares or bars. Bake on lightly greased cookie sheet at 350 degrees for 15 to 20 minutes. Makes about 40 cookies.

October 20, 1960 I.G.A. DAY

BAKED HAM WITH CURRANT GLAZE

Roast ham on a rack in uncovered pan for 15 minutes per pound. Half hour before ham is done, remove from oven, remove skin and score ham into squares or diamonds as desired. To make glaze combine 1/3 c. prepared mustard, 1/2 c. water, 1/2 c. sugar, 1--12 ounce glass currant jelly and 1/2 c. syrup drained from crabapples, peaches or pears. Heat until well blended. Baste the ham frequently during the last half hour with this glaze. Decorate the ham with blanched almond halves and whole cloves, making petals to form a flower with the almonds and using cloves to form the center part of flowers. Brush decorations with glaze and return to oven for 10 minutes. (Glaze is enough for 1 whole ham.) NOTE: For smoked picnics boil for 10 minutes per pound. Place in oven and glaze as for whole ham.

ORANGE GLAZED SWEET POTATOES

Place 6 medium canned or fresh cooked sweet potatoes in skillet. Dot with 3 T. butter, 1 t. salt, 1/4 c. brown sugar, 1/2 c. corn syrup and 1 T. orange juice. Cook uncovered over low heat, spooning syrup over potatoes until well glazed, about 15 minutes.

DUTCH APPLE DESSERT

2 1/2 c. flour	6 apples, peeled and sliced
2 t. baking powder	
2 T. sugar	1 c. sugar
1/2 c. butter	2 1/2 T. flour
1/2 c. shortening	1/2 t. salt
1 egg, slightly beaten	1/4 c. butter
1 t. vanilla	1 1/2 t. cinnamon

Whipped cream

Sift flour, baking powder and sugar, cut in butter and shortening until mixture is crumbly. Add vanilla and egg, press evenly into bottom and sides of a greased 15 1/2 x 10 1/2 x 1" pan. Arrange apple slices in rows to cover dough. Combine remaining ingredients except whipped cream, cutting the 1/4 c. butter to make a crumb crust. Sprinkle over apples. Bake at 350 degrees for 45 minutes or till apples are tender and topping is brown. Serve warm or cold with whipped cream. THIS DESSERT WILL FREEZE.

CHOCOLATE MARSHMALLOW DROPS
(Repeat cookie by request)

1 3/4 c. cake flour	1 egg
1/2 t. soda	1/2 c. milk
1/2 t. salt	1 t. vanilla
1/2 c. cocoa	1/2 c. chopped walnuts
1/2 c. shortening	30 marshmallows, cut in halves
1 c. sugar	

Cocoa glaze

Sift flour, soda, salt and cocoa. Cream shortening and sugar, add egg and beat well. Add sifted dry ingredients, alternately with milk. Add vanilla and nuts. Drop by spoonfuls onto lightly greased cookie sheets. Bake at 375 degrees for 8 minutes. Remove from oven and top each cookie with marshmallow half, placing cut side down and pressing gently into cookie. Return cookies to oven for 4 minutes. When cool, frost with cocoa glaze. Makes 5 dozen. These will freeze.
COCOA GLAZE: Combine 1/2 c. cocoa and 1 1/2 c. sifted confectioners sugar. Heat 3 T. water and 1/3 c. butter. Pour over sugar-cocoa mixture. Blend well.

October 21, 1960

A SPECIAL DEMONSTRATION FROM THE BUREAU OF FISHERIES

October 24, 1960

BAKED PORK CHOPS (Oven Meal)

4 lean pork chops	4 slices lemon
1/4 c. flour	1/2 c. ketchup
1 t. salt	1/2 c. water
1/4 t. pepper	2 T. brown sugar
1 T. shortening	

Dredge pork chops in flour seasoned with salt and pepper. Brown on both sides in shortening. Arrange in baking dish. Place a slice of lemon on top of each chop. Combine ketchup, water and brown sugar and pour over chops. Bake uncovered at 375 degrees for 45 minutes. Note: Add a little additional water near end of baking time if necessary.

POTATOES IN CREAM

6 medium potatoes	1 1/2 T. butter
3/4 c. light cream	3/4 t. salt

1/2 t. pepper

Peel potatoes and put through medium grater. Cover at once with cream, dot with butter and season with salt and pepper. Turn into a 1 1/2 quart casserole. Bake at 375 degrees for about 30 minutes or until potatoes are tender and the cream is absorbed. If potatoes become dry add a little more top milk or cream. 4 servings.

BAKED BUTTERNUT OR ACORN SQUASH

Wash and cut squash in half lengthwise and remove seeds and stringy fiber. Season with salt, dot with butter and add 1 T. honey or maple syrup for each half. Place in baking pan and bake at 375 degrees for 45 minutes. After squash has browned which will be about 30 minutes, add a little water to the pan, cover and bake for about 15 minutes or till squash is tender.

BUTTERSCOTCH-MARSHMALLOW CAKE

1/2 c. shortening, part butter	1/2 t. salt
1 1/2 c. brown sugar	1 c. milk
2 eggs	1 t. vanilla
2 1/2 c. flour	10 marshmallows
3 t. baking powder	1/2 c. light brown sugar
	1/2 c. chopped nuts

Cream shortening and sugar, add eggs and cream well. Sift flour, baking powder and salt. Add dry ingredients alternately with milk to first mixture. Add vanilla. Pour into greased and floured 9 inch square pan. Cut marshmallows in half and arrange round side up on top of batter. Combine brown sugar and pecans. Sprinkle over top of batter. Bake at 375 degrees for 40 to 45 minutes or till done. Cool in pan.

October 25, 1960 | UNITED NATIONS WEEK

SAVARIN AU RHUM (Baba Cakes)

From United Nations Cook Book--France

4 eggs	4 t. baking powder
1/2 c. sugar	6 T. butter, melted
1 1/4 c. flour	1/2 c. lukewarm milk

Beat eggs with sugar until fluffy; add flour, and baking powder sifted together. Add butter and milk. Mix vigorously. Pour into buttered and floured pudding mold or individual mold. Bake individual molds at 325 degrees for 25 minutes or a large mold at 325 degrees for 40 minutes. Remove from oven; unmold; and while still hot pour hot rum sirup over the baba. Cool and serve with sweetened whipped cream. RHUM SIRUP: Combine 1/2 c. sugar, 1/2 c. water. Cook until a thin sirup is formed. Remove from heat and add 1/2 c. rum. Yield: 8 servings.

SCALLOPED CHICKEN AND SPAGHETTI

(Wonderful casserole)

1/3 c. butter or chicken fat	1 c. stewed canned tomatoes
1/4 c. chopped onion	1/4 lb. sharp cheese, grated
2--4 ounce cans mushrooms, drained	8 oz. pkg. broken spaghetti, cooked
1/4 c. flour	1/2 c. buttered soft bread crumbs
1 c. chicken stock	Paprika
1/2 t. salt	
Dash pepper	
3 c. cooked, diced chicken	

Saute onion in butter, add mushrooms. Stir in flour. Slowly add chicken stock and cook over medium heat until thick and smooth. Add seasonings. Add chicken, tomatoes and cheese. Arrange chicken mixture and spaghetti in layers in a greased 2 quart casserole. Top with buttered crumbs and sprinkle with paprika. Bake uncovered at 400 degrees for 20 minutes or till browned. Serves 6.

October 26, 1960

CHERRY MERINGUE PIE

8" unbaked pastry shell	2 egg whites
1 can TRU-MIX Cherry Pie Filling	1/4 c. sugar

Pour TRU-MIX Cherry Pie Filling into unbaked pie shell. Bake at 425 degrees for 25 to 30 minutes. Beat egg whites until stiff. Add sugar gradually. Spread over filling, being careful to attach the meringue to the edges of the crust. Make decorative swirl with back of spoon or spatula. Bake at 325 degrees for 15 to 20 minutes or till lightly browned.

HALLO-WITCH CAKE

(for HALLOWEEN)

2 1/4 c. cake flour	1/2 c. milk
2 1/2 t. baking powder	1/2 c. water
1/2 t. salt	1 1/2 t. vanilla
3 egg whites	1/2 square chocolate, melted
1/2 c. butter	Pinch soda
1 1/3 c. sugar	
1 T. warm water	

Sift flour, baking powder and salt. Beat egg whites until stiff. Cream butter and sugar. Add dry ingredients alternately with combined milk and water. Add vanilla. Fold in stiffly beaten egg whites. Pour 2/3 of the batter into greased and floured 9 inch square pan. Combine chocolate, soda and warm water, add to remaining batter. Pour this batter here and there over white batter. Cut through batter with knife several times for a marbled effect. Bake at 350 degrees for 40 to 45 minutes or till done.

BUTTER-YOLK ICING: Combine 4 T. soft shortening, 3 egg yolks, 3 c. sifted confectioners sugar, 2 to 2 1/2 T. cream and 1 t. vanilla. Divide icing into 3 parts. To 1/3 add 1 square chocolate melted, to another 1/3 add yellow and red food coloring to make a pale orange, leave last 1/3 white. THIS CAKE AND FROSTING WILL FREEZE.

DIRECTIONS FOR MAKING WITCH: Using a 9 inch square cake, measure 4 1/2 inches down from one corner and then cut diagonally across to opposite corner. The large piece is witch's face, other piece is her hat. Cut a wedge 2" x 3 1/2" to use for nose, from remaining corner on short side of face piece. Attach nose with toothpicks to the long side of the face portion, attach hat to top side with toothpicks. Place witch on tray. Frost cake using chocolate for witch's hat, making small brim on large piece of cake. Use orange for face and white for hair. Sprinkle coconut over white portion. Use candy or raisin for eye and maraschino cherry strips for mouth.

STUFFED GREEN PEPPERS

(Special Request)

4 green peppers	1/4 t. oregano
1/2 t. salt	1/8 t. pepper
Dash pepper	1 c. tomato sauce
1 pound ground beef	1/2 c. consomme
2/3 c. chopped onion	1 T. chopped parsley
1/2 t. salt	

Cut out the tops, seeds and white membrane of the peppers. Simmer them in salted water for 5 minutes. Remove, drain, salt and pepper the insides. For filling brown the meat in a lightly salted hot skillet. Add onion and cook till tender. Season with 1/4 t. salt, oregano and pepper. Add 1/2 c. tomato sauce and the consomme and simmer for several minutes. Add parsley and stuff the peppers. Pour 2 T. of the tomato sauce over each. Place in baking dish. Cover with aluminum foil. Bake at 350 degrees for 15 to 20 minutes.

October 27, 1960 | I.G.A. DAY

SPICY CHUCK ROAST

1 chuck roast (3 to 4 pounds)	2 t. salt
1 c. water	4 medium onions, chopped
1/3 c. vinegar	2 T. butter or margarine
2 whole allspice	1/4 t. sage
6 whole cloves	
1 1/2 T. flour	

Combine water and vinegar with spices and salt. Pour over meat and let stand for about 2 hours, turning from time to time. Drain and brown well on all sides in the butter with onions. Add marinade and sage. Cover and bake covered at 350 degrees for about 2 hours or till meat is tender. Skim off any excess fat. Remove whole spices. Thicken the juices with a thin paste of the 1 1/2 T. flour and 1/4 c. water. Bake uncovered for about 10 minutes or long enough to thicken the gravy. Makes 4 to 5 servings.

NEAPOLITANS

(A cookie to make and bake and freeze if desired for Christmas.)

DARK DOUGH:	LIGHT DOUGH:
3 c. flour	2 c. flour
1/4 t. salt	1/2 t. salt
1 t. baking soda	1/4 t. baking soda
1/2 t. cinnamon	1/2 c. shortening
1/2 t. cloves	3/4 c. sugar
1 c. shortening	1 egg
1 1/2 c. brown sugar	2 T. water
2 eggs	1 t. vanilla
1 c. coarsely ground nuts	1/2 t. almond flavoring
1 c. chocolate bits, ground	1 c. finely cut raisins or candied fruit

For Dark Dough: Sift flour, salt, soda and spices. Cream shortening; add sugar. Add eggs and beat well. Add sifted dry ingredients, nuts and chocolate. For Light Dough: Sift flour, salt and soda. Cream shortening and sugar, add egg, water and flavorings. Add sifted dry ingredients. Line a 9 x 5 1/4 x 3 inch loaf pan with waxed paper. Pack half of dark dough into pan. Pack in all of light dough, then remaining dark dough. Chill in refrigerator overnight or until very firm. Cut dough lengthwise into fourths; slice crosswise into 1/4 inch slices. Place 1 inch apart on ungreased cookie sheet. Bake at 400 degrees for 10 to 12 minutes. Makes about 100 cookies. THESE WILL FREEZE.

APPLE DANDY

(A dessert to bake along with meat if desired)

6 tart apples, peeled and cored	2 T. butter
1/4 c. brown sugar	1/2 t. baking soda
1/4 c. white sugar	1/8 t. salt
1/2 t. cinnamon	1/4 c. flour
	1 c. Dairy Sour Cream

Cut apples into eighths and place in shallow baking pan. Sprinkle with sugars and cinnamon. Dot with butter. Combine soda, salt and flour with sour cream. Spread over apples. Bake at 350 degrees for 40 to 45 minutes or till apples are soft. Serve with or without cream or hard sauce.

October 28, 1960

BAKED STUFFED FISH FILLETS

2 pounds fish fillets	Pinch marjoram
1/2 t. salt	Pinch thyme
Dash pepper	1 T. hot water
2 T. chopped onion	2 T. butter
2 T. finely diced celery	1 1/2 T. flour
2 T. butter	1 c. milk
1 1/2 c. stale bread crumbs	1/2 t. salt
1/4 t. salt	Dash pepper
Dash pepper	1/4 pound grated sharp Cheddar cheese

Place half the fillets in the bottom of a shallow rectangular baking dish. Sprinkle with salt and pepper. Stuffing: Saute onion and celery in butter. Add seasonings and herbs. Add hot water, mix well. Spoon stuffing onto the fish. Place rest of fillets on top. Sauce: Melt butter, add flour. Add milk, salt and pepper. Cook, stirring until thick and smooth. Add cheese, stir till melted. Pour sauce over fish. Bake at 350 degrees for 30 minutes. Makes 4 to 6 servings.

DATE ORANGE PUDDING

(Pudding to bake with fish)

1 c. flour	1/3 c. buttermilk
1/2 c. sugar	1 egg
1/2 t. baking powder	1 T. grated orange rind
1/4 t. baking soda	1 c. cut-up dates
1/4 t. salt	3/4 c. orange juice
1/4 c. shortening	1/4 c. sugar
*Orange Hard Sauce	

Sift flour, sugar, baking powder, baking soda and salt. Cream shortening. Add sifted dry ingredients and blend well. Add buttermilk, egg and orange rind. Beat till smooth. Fold in dates. Divide mixture evenly into 6 greased custard cups; cups will be about 1/2 full. Let stand 15 minutes. Remove from cups. Serve warm topped with Orange Hard Sauce. Serves 6. *ORANGE HARD SAUCE: Cream 1/4 c. butter with 1 c. sifted confectioners sugar. Add 1/4 t. grated orange rind and about 1 T. orange juice. Blend well.

WROC - Television
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TRUDY McNALL'S
HOME COOKING RECIPES

October 31, 1960 - November 11, 1960

Weekdays
9:30 A.M.

October 31, 1960

OVEN FRIED CHICKEN WITH LEMON BARBECUE SAUCE

1/2 c. flour	1--3 lb. broiler-fryer, cut up
2 t. salt	1/2 c. butter, melted
1/4 t. pepper	*Lemon barbecue sauce
2 t. paprika	

Combine flour, salt, pepper and paprika in paper bag; shake chicken in bag to coat lightly. Arrange chicken, skin side down in single layer in buttered baking pan; brush with melted butter. Bake at 350 degrees for 30 minutes. Turn chicken and cover with Lemon Barbecue Sauce. Continue baking 30 minutes or until tender. Serve with hot buttered rice. Makes 4 servings.

LEMON BARBECUE SAUCE: Combine 1 clove garlic, minced, 1/2 t. salt, 1/4 c. salad oil, 1/2 c. lemon juice, 2 T. chopped onion, 1/2 t. pepper and 1/2 t. thyme. Pour over chicken.

BUTTERSCOTCH CHOCOLATE CHIP COOKIES

1/4 c. butter	1 c. flour
1 c. brown sugar	1 t. baking powder
1 egg	1/4 t. salt
1/2 t. vanilla	1 c. chocolate bits
3/4 c. chopped nuts	

Melt butter, while still hot add brown sugar, egg and vanilla. Beat until fluffy. Sift flour, baking powder and salt. Add to first mixture. Add chocolate bits and nuts. Spread evenly into greased 8 x 8 x 2 inch pan. Bake at 350 degrees for 30 minutes. DO NOT OVERBAKE. Cookies should be chewy and not dry.

Bye for a while. I'm off for a week's vacation. Know you'll enjoy welcoming back Lucille Fleming.

LUCILLE FLEMING'S RECIPES
November 1 - 7, 1960

November 1, 1960

PORK CHOPS PACIFICA

4 pork chops, 1 inch thick	2 T. chopped crystallized or preserved ginger
3/4 c. strained honey	1 clove garlic, chopped
1/2 c. cider vinegar	1/2 t. monosodium glutamate (Accent)
1/4 c. soy sauce	

Trim excess fat from chops. Place in shallow dish. Mix remaining ingredients; pour over chops and marinate about 12 hours, turning chops occasionally. Remove chops from marinade and pat dry with paper towel. Heat a heavy skillet--greased lightly and brown chops slowly on both sides. Transfer chops to baking dish. Heat marinade and pour over chops. Bake uncovered at 350 degrees for about 1 1/2 hours, basting frequently. Serves 4.

SWEDISH RYE BREAD

1 package active dry yeast	1/4 c. salad oil
1 1/2 c. water	2 T. grated orange peel
3 T. brown sugar	2 1/2 t. salt
3 T. molasses	2 t. caraway seed
2 c. rye flour	1 t. anise seed
	3 c. white flour

Soften yeast in lukewarm water. Stir in brown sugar, molasses and rye flour. Beat until smooth. Cover tightly and let rise in warm place until double (about 1 hour). Stir in salad oil, orange peel and seasonings. Mix well and gradually add white flour. Knead. Pat into loaf and place in greased 9 1/2 x 5 x 3 loaf pan. Cover and let rise until double--about 1 hour. Bake at 375 degrees for 45 minutes. Makes 1 loaf.

SOUR CREAM COOKIES

1 c. granulated sugar	2 eggs
1 c. brown sugar	3 c. flour
1 c. butter	1 t. soda
1 c. sour cream	1/2 t. baking powder
1/2 t. salt	1/2 t. vanilla

Cream together sugars and butter. Beat in eggs, add sour cream. Mix dry ingredients and add. Drop by teaspoonfuls on lightly greased cookie sheet. Top each cookie with raisin or walnut half. Bake at 375 degrees for about 12 to 15 minutes. Makes 4 dozen.

November 2, 1960

COMPANY MEAT BALLS

1 lb. ground beef	1 t. salt
2/3 c. fine bread crumbs	1 can cream of celery soup
1 egg, slightly beaten	1/2 soup can of water
2 T. minced onion	1 T. shortening
1 T. chopped parsley	2 T. chopped dill pickle

Blend soup with water. Measure out 1/4 c. of the soup mixture and add to ground beef, crumbs, egg, onion, parsley and salt. Shape into 1-inch balls and brown in the shortening. Place in casserole, add chopped dill pickle to remaining of soup mixture. Pour over meat balls and bake at 325 degrees for about 1/2 hour.

CHOCOLATE BAVARIAN PIE

2 sq. unsweetened chocolate	1 1/4 c. milk
2 T. butter	3 egg whites
2 T. hot milk	1/4 t. salt
2/3 c. confectioners sugar	1/4 c. granulated sugar
1 1/2 c. flaked coconut	1 c. heavy cream, whipped
1 envelope plain gelatin	1 t. vanilla
1/4 c. granulated sugar	1 c. shredded coconut
3 egg yolks	1 sq. unsweetened chocolate

Grease 8 inch pie plate. In double boiler melt 2 sq. chocolate and butter, blend. Combine hot milk, 2/3 c. sugar and stir into chocolate mixture. Add 1 1/2 c. coconut; mix well and press to bottom and sides of pie plate. Chill. Combine gelatin with 1/4 c. sugar. In double boiler top beat egg yolks, stir in gelatin mixture and milk and cook over hot water until custard coats spoon. Chill until custard mounds slightly, then beat until smooth. Beat egg whites until stiff and fold in salt and 1/4 c. sugar. Fold into the custard mixture, then fold in the whipped cream and 1/2 c. coconut and vanilla. Pile into pie shell. At serving time mix the remaining 1/2 c. coconut with the square of chocolate, grated, and sprinkle over top.

JIFFY ANGELS

Cut a bar angel food cake into bars, brush with a thin confectioners icing and roll in either chopped nuts or coconut. Coconut may be plain or toasted, or tinted.

November 3, 1960 I.G.A. DAY

MEXICAN BEEF ROLL

1/2 lb. bulk sausage	1/4 c. water
1/4 c. chopped parsley	1 1/2 lb. round steak, cut 1/2 inch thick
1/4 c. chopped onion	1 finely minced clove of garlic
1 T. chopped green pepper	1 T. shortening
1 egg, well beaten	1 1/2 c. tomato juice
1 bay leaf	

Mexican Beef Roll (Cont.)

Mix sausage with parsley, onion, peppers and egg. Spread the steak with the finely minced garlic and then the sausage filling. Roll tightly, in jelly-roll fashion; secure with string both crosswise and lengthwise. In heavy skillet, brown the roll on all sides in the shortening. Combine the tomato juice, water and bay leaf and pour over steak. Simmer, covered, for about 2 hours or until meat is tender. Spoon off excess grease from sauce and serve sauce separately. Cut roll in slices at serving time. Makes about 5 servings.

SPICED APPLE MUFFINS

1/4 c. shortening, melted	1 c. finely chopped apples
1 egg	1/2 c. sugar
1/2 c. milk	1/2 t. cinnamon
1 1/2 c. flour	1/3 c. brown sugar
1 t. baking powder	1/3 c. chopped nuts
1/2 t. salt	1/2 t. cinnamon

Beat egg with milk and melted shortening. Sift dry ingredients together and add egg and milk mixture. Stir just enough to blend. Stir the 1/2 c. sugar and 1/2 t. cinnamon into the chopped apples and add to the batter. Place in muffin tins (either greased or lined with paper liners) filling about 2/3 full. Mix brown sugar with chopped nuts and cinnamon and sprinkle over tops of muffins. Bake at 375 degrees for about 20-25 minutes. Makes 1 dozen.

DATE WALNUT MERINGUES

2 c. shelled walnuts, chopped	Grated rind of 1 lemon
1 1/2 c. chopped dates	1 t. vanilla
1/2 c. sugar	3 egg whites

Chop walnuts and dates rather fine. Mix in sugar, lemon rind and vanilla. Beat egg whites until they hold definite peak and mix in the date mixture gently. Sprinkle granulated sugar over 2 baking sheets and drop batter by tablespoonfuls. Shape into peaks and let stand overnight. The next day bake at 350 degrees for 10 minutes. Cool 5 minutes and remove from pan. Makes 24.

November 4, 1960

CHICKEN WILD RICE CASSEROLE

1 c. wild rice	1 can cream of mushroom soup
4 c. water	1 c. chicken broth
1/2 lb. pork sausage	2 T. each of pimiento and parsley
1/2 lb. mushrooms	Salt
1/4 c. slivered almonds	Pepper
2 chicken breasts, cooked	

Cook wild rice in salted water until tender. Drain. Brown lightly pork sausage, and then saute briefly the mushrooms. Mix together the mushroom soup, chicken stock, pimiento, parsley, salt and pepper. Add the cooked sausage, mushrooms, and coarsely diced cooked chicken breasts. Place layer of cooked and drained wild rice in baking dish, add layer of chicken and sauce mixture, then a sprinkle of almonds and continue layers until casserole is filled, finishing with layer of sauce mixture. Bake at 350 degrees for about 35 to 40 minutes. Serves about 8.

CHEESE BALLS

5 oz. jar of sharp cheese	1/2 t. salt
1/4 c. soft butter	1/2 c. flour
	1/4 c. sesame seeds

Cream cheese with fork until fluffy, blend in butter and blend thoroughly. Mix in salt and flour and blend well. Shape into small (inch) balls. Roll lightly in sesame seeds and place on greased cookie sheet. Chill at least 2 hours. Bake at 400 degrees for 10 minutes. Serve hot.

PUFF PASTE

1/2 c. very firm lard
2 c. flour
2 t. baking powder
1/2 t. salt
1 small egg white
1/4 c. ice water
1/2 c. butter

Sift flour, baking powder and salt. Add lard and work with the hands until mixture looks like fine meal. Add ice water and well beaten egg white and mix to stiff dough. Roll thin and spread with butter, roll like a jelly roll, turn under the ends to meet in center; flatten, roll again, spreading again with butter, dust with flour and repeat rolling and spreading until all the butter is used (use 2 T. butter for each rolling). Place in refrigerator for 1 hour. Then use to make tart shells or Napoleons.

November 7, 1960

FRENCH LAMB STEW

2 lb. lean shoulder of lamb, cut in 1 inch cubes
3 T. fat, part butter
Salt, pepper, and pinch of sugar
1 qt. consomme
1/2 c. tomato soup
1 clove garlic
Pinch of thyme
1 bayleaf
12 small onions
12 small potatoes
1 c. green peas
1 c. sliced carrots

Brown the lamb cubes in fat, sprinkling with salt, pepper and a bit of sugar. When the meat is brown, remove almost all the fat and sprinkle the meat with about 1 T. flour, stirring for a few minutes. Then add the consomme, tomato soup, crushed garlic, thyme, and bayleaf. Cover and cook at 345 degree oven for 1 hour. Remove the meat to a deep casserole. Add the small onions, potatoes, peas and carrots. Strain the sauce over all and cook in oven, covered at 300 degrees for about 1 hour longer, or until tender. Serves 4 generously.

SPICY ORANGE BARS

2/3 c. shortening
1 1/2 c. brown sugar
2 eggs
2 T. grated orange peel
3 T. orange juice
2 c. flour
1 t. soda
1/2 t. salt
1 t. cinnamon
1/4 t. nutmeg
1/4 t. cloves
1 c. raisins
1 c. chopped walnuts

Cream together sugar, shortening and add eggs. Stir in peel and juice. Sift dry ingredients together and add to creamed mixture. Mix well. Stir in nuts and raisins and spread in greased 15 1/2 x 10 1/2 x 1 inch jelly roll pan. Bake at 350 degrees for about 30 minutes. Cool. Cut in bars. Sift confectioners sugar over tops. Makes about 4 dozen.

November 8, 1960

BREADED PORK CHOPS
(Special Request. Basic Recipe.)

4 pork chops, 1/2 inch thick
1 egg, slightly beaten
1 T. milk
3 T. shortening
1/2 t. salt
Pepper
1/3 c. water
3/4 c. fine dry bread or cracker crumbs

Combine egg and milk. Dip pork chops in egg mixture, then in crumbs. Preheat SUNBEAM FRYPAN to 340 degrees. Add the shortening. Fry chops until brown on both sides. Reduce heat to 220 degrees. Add water. Cover, open vent. Simmer until tender, about 40 minutes. For crisp coating, remove cover for the last 10 minutes.

SWEET POTATOES WITH MARMALADE GLAZE

Place 1 cup orange marmalade, 2 T. butter and 1/4 c. water in skillet. Add 4 cooked medium sweet potatoes, cut into halves, sprinkle with 1/4 t. salt. Cook, uncovered, over a medium heat until glazed, about 15 minutes. Turn potatoes occasionally as they cook.

COFFEE TOFFEE BARS

2 1/4 c. flour
1/2 t. baking powder
1/4 t. salt
1/2 c. butter or margarine
1/2 c. shortening
1 c. brown sugar
1 1/2 T. instant coffee
1 t. almond extract
1 c. chocolate bits
1/2 c. chopped nuts
2 c. sifted confectioners sugar
4 t. water

Sift flour, baking powder and salt. In large bowl of SUNBEAM ELECTRIC MIXER, cream butter or margarine, shortening and brown sugar until light and fluffy. Add coffee and almond extract. Fold in sifted dry ingredients. Fold in chocolate bits and nuts. Press dough into a greased 15 1/2 x 10 1/2 x 1 inch pan. Bake at 350 degrees for 20 to 25 minutes. Blend confectioners sugar and water; spread glaze over cookies while warm. Cut into bars while warm. Makes 6 dozen bars. THESE WILL FREEZE. Put some away for Christmas.

November 9, 1960

GRILLED CHICKEN BREASTS

4 frying chicken breasts
Melted butter
1/4 c. butter
1 medium onion, chopped
1/4 c. chopped celery
4 c. stale bread crumbs
1/2 t. salt
Dash pepper
1/4 t. sage or poultry seasoning
1/4 c. water or chicken broth (about)

Remove bones from chicken and open breast out flat. Brush both sides with melted butter. Preheat SUNBEAM GRIDDLE to 340 degrees. Brown chicken on both sides (15 to 20 minutes). To make dressing saute onion and celery in butter. Add remaining ingredients using just enough water or chicken broth to make a moist dressing. Mound dressing on chicken breasts. Cover griddle, close vent, turn dial to 260 degrees. Grill about 45 minutes or until tender. Serve with pineapple slices grilled during last 10 minutes and topped with mashed seasoned squash. Sprinkle a bit of mace or nutmeg on the squash.

EASY COCONUT CUSTARD PIE

CRUST-MIXER METHOD: Into the large bowl of SUNBEAM MIXER place 1 1/4 c. sifted flour. Add 1/2 t. salt and 1/4 c. shortening. Beat on No. 2 speed until mixture is very fine, about two minutes. Scrape bowl while beating. Add another 1/4 c. shortening and beat only until shortening is in larger pieces, about 1 minute. Gradually add 3 T. ice water. Beat on No. 1 speed just enough to hold dough together. Roll dough 1/8 inch thick and line a 9 inch pyrex pie plate. Place an 8 inch pie plate on top of crust. Bake at 450 degrees for 15 minutes. Cool. Remove 8 inch pie plate.

Filling:

3 eggs
1/2 c. sugar
1/2 t. salt
2 c. milk, scalded
1 t. vanilla
1 1/2 c. shredded coconut
Nutmeg

Beat eggs slightly; add sugar and salt. Slowly stir in hot, scalded milk. Add vanilla. Strain mixture. Fold in coconut. Pour into baked pie shell; sprinkle well with nutmeg. Bake at 350 degrees for about 30 minutes or until custard is firm.

November 10, 1960 I.G.A. DAY

PICNIC AND NOODLE CASSEROLE

2 c. diced cooked picnic
2 T. butter
2 T. flour
1 c. milk
1 c. shredded cabbage
1 t. salt
2 T. ketchup
1 T. horseradish
1 c. cooked lima beans, peas, or green beans
1 1/2 c. cooked noodles
1/4 c. dry bread crumbs
1 T. butter

Picnic and Noodle Casserole (Cont.)

Melt butter in saucepan. Blend in flour. Pour in milk slowly and cook, stirring constantly until mixture is thick and smooth. Add cheese and cook slowly, stirring until melted. Add salt, ketchup, horseradish, picnic, vegetable and noodles. Blend well. Turn mixture into a 1 quart casserole. Top with crumbs, dot with butter. Bake at 350 degrees for 30 minutes. Makes 4 servings.

APPLESAUCE CAKE
(Old-time favorite--keeps well, if you hide it.)

2 c. flour
2 T. cocoa
3/4 t. salt
1 1/2 t. cinnamon
1/4 t. cloves
1/2 t. nutmeg
1/2 t. allspice
1/2 t. soda
1 1/2 t. baking powder
1/2 c. shortening
1 1/2 c. sugar
2 eggs
1 1/2 c. canned applesauce
1 c. raisins, cut up, or 1 c. cut-up dates
3/4 c. chopped nuts (optional)

Sift flour, cocoa, salt, spices, and baking powder. Add fruit and nuts and toss to coat. Cream shortening, sugar and eggs well. Add flour mixture alternately with applesauce. Turn into greased and floured 13 x 9 x 2 inch pan. Bake at 350 degrees for about 50 minutes. Frost as desired or leave plain.

November 11, 1960

FILLET OF SOLE AMANDINE

1 1/2 lbs. fillet of sole
3 T. flour
1 1/2 t. paprika
1/2 t. salt
3 T. butter
1 1/2 T. lemon juice
Dash tabasco
1/4 c. toasted slivered almonds
2 T. minced parsley

Wash fish and pat dry. Combine flour, paprika and salt; coat fish with this mixture. Arrange fish on broiler rack. Combine melted butter, lemon juice and tabasco, brush fish. Broil 4 inches from broiler unit for about 8 minutes. Sprinkle with almonds and parsley. 4 servings.

NESSELRODE PIE
(Special Request. . .This pie will freeze.)

Chocolate Crust:

Crust Mixer Method: Into large bowl of Sunbeam Mixer place 1 c. flour, 1/4 c. cocoa, 3 T. sugar and 1/4 t. salt. Add 1/3 c. shortening and beat on No. 2 speed. Scrape while beating. Gradually add 4 T. ice water. Mix on No. 1 speed only long enough to hold dough together. Roll dough out and line 8 inch pie plate. Place another 8 inch pyrex plate. Bake at 400 degrees for 12 to 15 minutes. Cool.

Filling:

1 T. unflavored gelatin
1/4 c. cold water
1 1/2 c. milk
3 egg yolks, slightly beaten
1/4 c. sugar
1/8 t. salt
1 t. vanilla
1/2 t. almond extract
3 egg whites
1/4 c. sugar
1/2 c. heavy cream, whipped
1/4 c. diced candied cherries
1/4 t. nutmeg
1/2 square unsweetened chocolate, shaved

Soften gelatin in cold water. Scald milk, stir slowly into combined egg yolks, sugar and salt. Cook on medium heat, stirring occasionally, until custard coats a spoon. Remove from heat. Add softened gelatin and stir until gelatin is dissolved. Add flavorings. Chill until mixture begins to thicken. Beat egg whites until they form soft peaks, gradually add the other 1/4 c. sugar and continue beating until whites are stiff. Fold beaten egg whites, cream and cherries into the chilled custard mixture. Chill again until mixture thickens. Pour into baked 8 inch chocolate shell. Sprinkle with nutmeg and shaved chocolate. Refrigerate until firm.

WROC - Television
Channel 5

TRUDY McNALL'S
HOME COOKING RECIPES

November 14 - 25, 1960

Weekdays
9:30 A.M.

FEATURING FOODS FOR THANKSGIVING

November 14, 1960

WHITE FRUIT CAKE

3 loaf pans, 9 1/4 x 3 1/4 x 2 3/4 (about 8 pounds)
250 degrees, 2 hours

- 1/4 c. fruit juice
- 1/2 pound candied citron, chopped
- 1/2 pound whole candied cherries
- 3/4 pound candied orange and lemon peel, chopped
- 2 pounds white raisins
- 3/4 pound candied pineapple, chopped
- 1 pound butter
- 1 pound sugar
- 10 eggs
- 1 pound flour, sifted (4 cups)
- 1 1/2 pounds whole pecans

Prepare the fruit and soak in the fruit juice while preparing the rest of the batter. Cream butter, add sugar, add eggs one at a time, beating well after each addition. Add flour and mix well, add fruits and nuts. Pour into pans that have been greased and lined with waxed paper. Bake at 250 degrees for 2 hours. Remove from pans at once and cool on racks. After baking wrap the cakes in waxed paper, then in aluminum foil. Store in a tightly covered container. When you're ready to give the cakes or serve them yourself, unpack and decorate them. DECORATING PROCEDURE: Glaze tops of cakes with hot corn syrup mixture made by combining equal parts of white corn syrup and water. After brushing with glaze decorate as desired with candied cherries, almonds or other nuts. After placing fruits and nuts in place glaze again. Helpful Hint: If you chill fruit cake in refrigerator it will be easier to slice. Note: Smaller aluminum foil loaf pans available at ATLANTIC SUPPLY will also take about 2 hours to bake.

ROASTED ROCK CORNISH GAME HENS
(Nice for Thanksgiving for small families)

- 4 Cornish game hens
- 3/4 t. salt
- 1 c. cooked wild rice
- 1/4 c. chopped onion
- 1/2 t. celery salt
- 1/4 t. thyme
- 1/4 c. finely chopped boiled or cooked ham, (optional)
- Butter

Sprinkle cavities of hens with salt. Combine remaining ingredients for stuffing. Fill cavities and secure with skewer or truss by tying legs together with string. Rub hens well with softened butter about 1 1/2 T. for each hen. Place side by side in shallow pan. Roast uncovered at 375 degrees for 1 to 1 1/2 hours basting occasionally with pan drippings. Note: Allow about one 1-pound hen per person.

NOTE: HOW TO COOK WILD RICE: Place wild rice in collander and wash thoroughly with cold water. Drain and place in a kettle with boiling water to cover. Boil hard for 20 to 30 minutes until fluffy. Drain. Wild rice does not swell to speak of during cooking. For 1 c. cooked wild rice allow 1 cup of uncooked rice.

November 15, 1960

(Bake some pies now for Thanksgiving or Christmas.)

MINCEMEAT APPLE-CRUMB PIE

- 1 (1 lb.) jar mincemeat
- 2 1/4 c. tart apples, peeled, cored and sliced
- 1 c. sugar
- 1/2 t. cinnamon
- 2 T. butter
- 1/3 c. flour
- Pastry for 9-inch pie shell

Pour mincemeat into pie shell. Combine apples with 1/2 c. of the sugar and cinnamon. Arrange apples over mincemeat. Cut butter into flour with remaining sugar. Sprinkle over apples. Bake at 450 degrees for 15 minutes, reduce heat and bake at 350 degrees for 30 minutes or until

Mincemeat Apple-Crumb Pie (Cont.)

bubbly. TO FREEZE: Cool thoroughly. Wrap in aluminum foil, cellophane or parchment paper. Seal, label and freeze. TO SERVE: Defrost in package or place in 300 degree oven for 30 min.

SOUTHERN PECAN PIE

- Pastry for 9" pie shell
- 1 c. pecan halves
- 3 eggs
- 1 T. melted butter
- 1 c. light corn syrup
- 1 t. vanilla
- 1 c. sugar
- 1 T. flour

Line 9 inch pie plate with pastry. Flute edges. Arrange pecan halves in bottom of pie shell. Beat eggs well (Sunbeam Hand Beater is such a convenience for this job). Gradually beat in butter, corn syrup and vanilla. Combine sugar and flour. Blend into eggs. Pour over nuts in pie shell. Let stand until nuts rise to the top. Bake at 350 degrees for 45 minutes. Note: Freeze as for mincemeat apple pie. Thaw for 45 minutes to 1 hour at room temperature.

Note: Fruit pies, chiffon type and cornstarch-thickened pies will freeze. Custard pies and meringue do not freeze successfully. If adding meringue to cornstarch pie, do so after thawing, then bake meringue as usual.

MOLDED CRANBERRY SALAD
(To Freeze for Thanksgiving)

- 1 T. unflavored gelatin
- 3 T. cold water
- 1 can whole cranberry sauce
- 1 9 ounce can crushed pineapple with juice
- 1/4 c. chopped walnuts

Soften gelatin in cold water; dissolve over hot water. Break up cranberry sauce and combine with remaining ingredients, add gelatin. Spoon into 6 individual molds and freeze. Thaw in refrigerator before serving.

November 16, 1960

SALLY LUNN
(Bake and freeze)
(Delicious bread for Thanksgiving)

- 2 c. milk
- 2 T. sugar
- 1 1/2 t. salt
- 2 yeast cakes
- 2 eggs
- 4 T. soft shortening
- 5 1/2 c. sifted flour

Scald milk, cool to lukewarm. Add sugar, salt and crumbled yeast. Stir until dissolved. Add soft shortening and flour. Beat until smooth. Cover and let rise until light, about 1 hour. Beat down, pour into greased 10" tube pan. Let rise to within 1" top of pan, 45 minutes. Bake until golden brown at 350 degrees for about 50 minutes.

GRILLED TUNA SALAD SANDWICHES
(Using SUNBEAM Electric Griddle)

- 1 - 8 ounce can tuna fish, drained
- 2 hard cooked eggs, finely chopped
- 2 T. chopped sweet pickle
- 1/4 c. celery, finely chopped
- 1/4 t. onion salt
- Mayonnaise
- 12 slices bread
- 2 eggs, slightly beaten
- 2 T. milk or light cream

Combine tuna fish, eggs, pickle, celery and onion salt. Blend well with mayonnaise until mixture spreads easily. Spread on bread to make 6 sandwiches. Preheat griddle on medium heat, grease with unsalted shortening. Dip sandwiches in egg and milk mixed together. Grill sandwiches on each side until golden brown (3 minutes per side). 6 servings.

November 17, 1960 I.G.A. DAY

FEATURING TURKEY FOR THANKSGIVING

ROAST TURKEY WITH SAUSAGE STUFFING
(For 12 to 15 pound bird)

- 1 pound sausage
- 1 c. butter
- 1/2 c. sausage fat
- 3 to 4 quarts bread cubes or crumbs
- 1/2 c. chopped onion
- 2 t. salt
- 1/4 t. pepper
- 1 t. sage or poultry seasoning
- Water, as desired

Break sausage into small chunks, brown lightly. Remove from pan. Add butter and sausage fat to skillet. Brown onion lightly. Add remaining ingredients using just enough water to make a moist or dry stuffing as desired.

Note: Thaw turkey thoroughly, wash inside and out. Sprinkle inside with salt and stuff. Tie legs to tail of bird and tuck wings under akimbo style. Be sure to place some stuffing in the neck cavity of the bird. Brush bird with combination of half butter and vegetable shortening. Place on rack in shallow pan (breast side up). Do not add water or liquid. Roast uncovered for about 25 minutes per pound for birds up to 10 pounds, for 10 to 14 pounds roast about 20 minutes per pound, for over 14 pounds roast about 15 minutes per pound.

GIBLET GRAVY: Wash gizzard, heart, liver and neck. Place in saucepan and cover with water. (Withhold liver until the end of cooking period, since it requires only 10 to 20 minutes cooking.) Season with 1 t. salt, 3 peppercorns, 1 clove, a bay leaf and a little onion, celery and carrot. Simmer 2 to 3 hours or until tender. Remove giblets and chop. Use to add to gravy. To make gravy drain off all but 1/4 c. turkey drippings. Place roasting pan over very low heat and scrape down rich dark brown bits from sides of pan. Sprinkle 4 T. flour into drippings and cook gently, stirring constantly until flour is brown. Add 2 c. giblet stock gradually and stir until gravy is smooth and thick. Add giblets, correct seasonings.

GLAZED SQUASH SQUARES

Cut squash into 3" squares. Pare and boil 30 minutes in a small amount of salted water. Drain. Place in shallow baking pan. Combine 1/2 c. sugar, 1/2 c. brown sugar, 1/2 c. water and 2 T. butter. Bake uncovered, basting with syrup until glazed (about 30 minutes) at 350 degrees.

ONIONS IN CREAM

Place 3 pounds small white onions in saucepan with 1/4 t. cream of tartar, 1 c. water, 1/2 t. salt. Cover and turn to high heat, when steaming, reduce heat to low, cook until tender. Drain and save 3/4 c. of the vegetable liquid. Melt 1/4 c. butter in saucepan, add 4 T. flour. Gradually stir in vegetable liquid and 1 1/2 c. rich milk or light cream. Cook until thickened. Add 1/2 t. salt, 1/4 t. pepper. Stir in onions. Serve sprinkled with paprika.

November 18, 1960

(FEATURING A TURKEY PLAN-OVER)

TURKEY-SPAGHETTI CASSEROLE

- 1 1/2 c. diced cooked turkey
- 1 c. chopped celery
- 1/4 c. chopped onion
- 3 T. chopped green pepper
- 3 T. butter
- 1 1/2 c. turkey gravy
- 1 c. chicken broth (canned)
- 1/2 c. cream
- 1 8-ounce package spaghetti
- 1/2 c. buttered soft bread crumbs

Saute celery, onion and green pepper in butter. Add gravy, broth and cream. Add additional seasonings if necessary. Add turkey. Cook spaghetti according to directions on package. Combine spaghetti and sauce. Pour into 2-quart baking dish. Sprinkle with crumbs. Bake at 350 degrees for 30 minutes. Serves 5 to 6.

WONDERFUL PUMPKIN PIE

Pastry for 9" pie shell	1 t. cinnamon
1 egg white	1/8 t. salt
1 1/2 c. canned pumpkin	1/8 t. nutmeg
2/3 c. brown sugar	2 c. light cream
1/2 t. ginger	4 eggs

Line pie plate with pastry and flute edge so it comes up over the rim of the pie plate. Brush the crust with slightly beaten egg white and refrigerate for an hour before you make pie. This helps to insure a crisp crust. For the filling combine pumpkin, brown sugar, spices and salt. Scald the cream and add to pumpkin mixture. Beat eggs slightly and add. Pour into pastry shell and bake at 450 degrees for 15 minutes, then reduce temperature to 350 degrees and bake for 25 minutes or until set. Note: Do not overbake, take pie from oven while center is still soft.

November 21, 1960

SPICED CRANBERRY APPLE JELLY

(Nice for Thanksgiving or to make for Christmas gifts.)

2 c. bottled cranberry juice	2 cinnamon sticks, broken
1 1/2 c. bottled apple juice	1 package powdered fruit pectin
6 whole cloves	4 c. sugar

Heat juices together, adding the spices tied in small piece of cheese cloth. Simmer 5 minutes then bring to a boil. Stir in pectin. Heat and stir only until mixture comes to a rolling boil. Stir in the sugar and bring to a boil again. Boil for 1 minute, stirring constantly. Remove from heat and skim off foam with a metal spoon. Remove spices and pour at once into hot sterilized glasses. Seal at once with paraffin. Makes about 6 glasses.

BUTTER RICH SPRITZ

(For those who will have ice cream and cookies for dessert Thanksgiving.)

2 1/4 c. flour	2 egg yolks or 1 whole egg
1/2 t. salt	1/2 t. almond extract
1 c. butter	1 t. vanilla extract
1 1/4 c. sifted confectioners sugar	

Sift flour and salt. Cream butter and sugar, add eggs and flavorings. Stir in dry ingredients. Mix well. Press a small amount of dough through cookie press onto ungreased baking sheets. Bake at 400 degrees for 6 to 8 minutes. DO NOT OVERBAKE. These cookies will keep in tightly covered jar indefinitely.

BEST WAFFLES

(Nice for Sunday Night Supper)

2 c. flour	1/2 t. salt
1 T. baking powder	2 eggs
2 T. sugar	1/4 c. butter

1 c. milk

Sift flour, baking powder, sugar and salt. Beat egg yolks until light and combine with melted butter and milk. Add to dry ingredients, mix just till smooth. Fold in stiffly beaten egg whites. Bake in SUNBEAM Waffle Iron for about 4 minutes. Makes 4 servings.

November 22, 1960

HOW TO ROAST TURKEY IN FOIL

(Special Request)

New method from Ladies' Home Journal Cookbook

Rub turkey inside and out with salt. Fill neck and body cavities with your favorite stuffing. Sew up cavities or fasten with poultry pins and lace with twine. Using strong twine fasten legs to sides of bird. Wrap bird in a tight covering of aluminum foil. Put the turkey, breast side down, in a roasting pan for the first hour of the roasting time and turn it breast side up for the rest of the time. Have a small quantity of water in the bottom of the roasting pan at all times. Allow 22 minutes per pound at 350 degrees. Test by inserting a skewer into the fleshy part of the thigh.

How to Roast Turkey in Foil (Cont.)

If the skewer goes in easily and the juice that flows out is clear and not all pink, the bird is cooked. About 1/2 hour before cooking time is up, remove foil from turkey, brush well with softened butter and put in hot oven 400 degrees to brown. Brush several times with more butter. The skin should be crisp and an even shade of golden brown. It should not be hard and dried out.

BLUEBERRY TOPPED CHEESE PIE

(Try this one for a special dessert treat.)

1 3-ounce package cream cheese	9 inch baked pie shell
1/2 c. confectioners sugar	1 T. lemon juice
1/2 t. vanilla	1 can TRU-MIX Blueberry or Cherry Pie Filling
1 c. heavy cream	

Cream together the cheese, sugar and vanilla. Whip cream until stiff, but not dry and fold in. Turn into pastry shell and spread evenly. Stir lemon juice into pie filling, carefully spoon over the cream filling. Chill. Makes 6 servings.

November 23, 1960

ANOTHER TURKEY PLAN-OVER

TURKEY CHOW MEIN

2 T. shortening	1/4 c. diced pimiento
1 c. onion, chopped	1 1/2 c. diced turkey
1 c. diced celery	1/3 c. cold water
1 t. salt	2 T. cornstarch
Dash pepper	1 t. soy sauce
3/4 c. chicken broth	1 T. BRER RABBIT Molasses
1 c. bean sprouts	

Chinese noodles

Melt shortening in SUNBEAM Electric Skillet. Add onion and celery and cook until onion is soft. Add seasonings, broth, bean sprouts, pimiento and turkey. Cover and simmer for 5 minutes. Blend together cornstarch, cold water, soy sauce, molasses and add to meat mixture, cooking on low heat, stirring constantly. Serve over Chinese noodles. Serves 4.

THANKSGIVING SUPPER CAKE

2 c. cake flour	3/4 c. brown sugar
1/2 t. baking soda	1 t. vanilla
2 t. baking powder	2/3 c. buttermilk
1/4 t. salt	2 eggs
1 t. cinnamon	1/3 c. finely cut dates
1 t. cloves	1/3 c. finely cut raisins (seedless)
1/2 t. nutmeg	
1/2 c. shortening	1/3 c. chopped nuts

Candied fruit for garnish

Sift flour, soda, baking powder, salt and spices into large SUNBEAM Mixing Bowl. Add shortening, brown sugar, vanilla and buttermilk. Stir until dry ingredients are just dampened. Beat 2 minutes at medium speed of SUNBEAM Electric Mixer. Scrape bowl and beaters. Add eggs and beat 2 minutes. Slowly add remaining ingredients except candied fruit, beat until mixture is well blended. Pour into 2 greased and floured 8 inch layer cake pans. Bake at 350 degrees for 25 to 30 minutes. Cool and frost with PALE LEMON FROSTING. Garnish with candied fruit. PALE LEMON FROSTING: Combine 2 3/4 c. sifted confectioners sugar, 1/4 t. salt, 1 egg, 2 T. light corn syrup, 1/2 c. shortening, 2 T. lemon juice and 1 T. grated lemon rind. Beat until creamy. This cake and frosting will freeze.

November 24, 1960

All of the I.G.A. stores join me in wishing you a very Happy Thanksgiving. Wherever you are, however you dine, gather your friends and family close around you and be thankful for all the big and little things that make home such a wonderful happy place.

ANOTHER TURKEY PLAN-OVER IDEA

TURKEY CRUNCH CASSEROLE

2 c. diced cooked turkey	1/2 t. salt
1 can cream of chicken soup	3 c. crushed potato chips
1 c. rich milk	1/2 c. shredded cheese
	Paprika

Turkey Crunch Casserole (Cont.)

Combine turkey, soup, milk and salt. Place 1 1/2 c. of the potato chips in a 1 quart casserole, pour over these the turkey. Cover with remaining chips, top with cheese and paprika. Bake at 350 degrees for 20 to 30 minutes or until bubbly and brown. Serves 4 to 5.

HOLIDAY SALAD

(To serve with casserole)

1 pkg. lemon Jello	1 c. diced apples
2 c. cranberries, ground	1/2 c. orange sections
	1/4 t. salt
1/2 c. drained, canned crushed pineapple	Salad greens
	Salad dressing

Prepare Jello according to package directions. Chill until slightly thickened. Fold in cranberries, pineapple, apples, oranges and salt. Pour into 8 inch square pan and chill until firm. Cut salad into squares to serve and arrange on greens. Top with salad dressing. Serves 6. (Note: A nice salad for church and grange suppers.)

FAVORITE PEANUT BRITTLE

(Keeps well...Ships well...Save some for packing Christmas candies later.)

1 1/2 c. sugar	2 c. salted peanuts
1 1/2 c. white corn syrup	1 t. baking soda
	1/2 t. vanilla
1/4 c. water	2 t. cold water
2 T. butter	

In a 2 quart heavy saucepan cook sugar, syrup and water until thermometer reaches 275 degrees. Remove thermometer, lower heat to medium, add butter, stir until dissolved, add salted peanuts all at once and stir constantly for about 5 minutes over medium heat. Place thermometer back in candy and cook to 300 degrees. Remove from heat, add the baking soda combined with vanilla and cold water. Stir entire mixture for about 1/2 minute or till brittle rises. Pour onto well greased marble. Spread with an oiled knife or spatula. When slightly cool, lift two ends and turn over. With two forks or fingers spread as thin as possible. It is not necessary to stretch brittle. Be sure to loosen bottom of brittle several times during cooling. When cold break into pieces. Makes 2 pounds.

November 25, 1960

FAMILY STEAK

1 top round steak, cut 2" thick, weighing about 3 pounds	Meat tenderizer
	2 t. dried rosemary

Use meat tenderizer according to directions. Sprinkle rosemary on each side of steak and press into meat. Let stand at room temperature 1 hour, or cover loosely and refrigerate overnight. Broil 4 to 6 inches from heat for 13 minutes on each side for rare and 15 minutes for medium. To serve: Cut in thin diagonal slices against the grain.

CHEESECAKE SUNBURST

(A party pretty dessert)

1 butter pound cake, sliced in 3 layers	1/2 c. brown sugar
	1/4 t. allspice
4 t. lemon juice	2/3 c. (1/2 of 1 lb., 14 oz. can) diced, drained apricots
2 c. small curd cottage cheese	
1/2 c. dairy sour cream	*Topping

Use a loaf type pound cake, slice in 3 even layers. Place the 3 layers side by side in a rectangular baking dish 7 1/2 by 11 inches. Sprinkle with the lemon juice. Combine cottage cheese, sour cream, brown sugar, allspice and apricots. Pour over cake. *For Topping: Combine 1 c. dairy sour cream with 2 T. confectioners sugar and 1/2 t. almond extract. Spread evenly over cottage cheese mixture. Bake at 400 degrees for 15 minutes. Garnish with remaining apricots. Chill several hours before cutting.

Note: I'll be at Sibley's Saturday, November 19th, from 2 to 4 p.m. in the 4th floor housewares department to talk with you about SUNBEAM ELECTRICAL APPLIANCES. Valuable prizes will be given away. I'm looking forward to seeing you.

WROC - Television
Channel 5

TRUDY McNALL'S
HOME COOKING RECIPES

November 28 - December 9, 1960

Weekdays
9:30 A.M.

November 28, 1960

BEST DARK FRUIT CAKE
(Repeat request--the best fruit cake of all)

For 5 pounds	Ingredients	For 15 pounds
2 pounds	Mixed candied fruits	6 pounds
1 c.	White raisins	1 pound
1 c.	Seedless raisins	1 pound
1 c.	Currants	1 pound
2 c.	Walnuts, chopped, or slivered almonds	2 pounds
1/3 c.	Flour for dredging	1 c.
1 1/3 c.	Flour for mixing	4 c.
1 t.	Cinnamon	3 t.
1 t.	Allspice	3 t.
1/4 t.	Mace	3/4 t.
1/4 t.	Nutmeg	3/4 t.
1/4 t.	Soda	1 t.
3/4 t.	Salt	2 t.
2/3 c.	Shortening, part butter	1 pound
2/3 c.	Brown sugar	1 pound
4	Eggs, separated	12
1/3 c.	Molasses	1 c.
2/3 c.	Strawberry jam	2 c.
1/3 c.	Brandy, sherry, or fruit juice	1 c.

Select and grease pans, line with heavy waxed paper. Combine fruits and nuts, sprinkle with dredging flour, mix well. Sift mixing flour, spices, soda and salt. Cream shortening and sugar. Add egg yolks one at a time and beat well. Add molasses and jam and mix well. Add flour mixture alternately with brandy, sherry or fruit juice to fruit mixture. Beat egg whites until stiff, fold into cake mixture. Turn into pans. Bake at 275 degrees as follows: 1 pound cakes, 2 1/2 hours; 2 pound cakes, 3 hours; 3 pound cakes, 3 1/2 to 4 hours; 5 pound cakes, about 4 hours. Note: Keep a pan of hot water on bottom of oven while baking cake to keep from drying out. Keep wrapped in cheese cloth dampened with sherry or brandy if you like. Wrap in aluminum foil.

CREAMY FUDGE
(This one keeps well, packs well.)

2 1/2 c. sugar	1/4 t. salt
1/2 c. butter or margarine	1/2 lb. marshmallows
1--6 ounce can evaporated milk	1/4 c. boiling water
	1 large package chocolate bits (12 oz.)

Combine sugar, butter, milk and salt. Bring to a boil and boil vigorously for 8 minutes, stirring frequently. Remove from heat, add marshmallows, boiling water and chocolate bits. Beat until marshmallows and chocolate are melted. Pour into greased pans. Cool before cutting into squares.

(LUCILLE'S RECIPES, NOV. 29 - DEC. 5)

November 29, 1960

DECORATED BAKED HAM FOR BUFFET

Baked ham
Easy Chaud-Froid Glaze
Clear Glaze
Decorations--green onion tops, hard cooked egg, pimiento, cooked carrots, chives, ripe stuffed olives, capers, cranberries, green peppers, etc.

Have everything ready before you start, the baked ham cooked and chilled, the two glazes slightly thickened, and choice of decorations. Place trimmed ham, fat side up, on rack. Glaze until completely blanketed with Chaud-Froid Glaze. Then glaze with half of the clear glaze. Arrange attractive designs on the glaze, dipping each piece of decoration in clear glaze before applying. Use tweezers to place decorations. Chill ham, then add at least 2 more layers of clear glaze over the ham, spooning it over carefully, and chilling between layers. This should be done the day before you plan to use the decorated ham.

EASY CHAUD-FROID GLAZE

2 1/3 c. water	1 t. salt
1 t. peppercorns	2 T. vinegar
4 bay leaves	1 c. mayonnaise

2 pkg. lemon-flavored gelatin

Combine water, peppercorns and bay leaves and bring to a boil. Simmer 10 minutes. Strain. Dissolve gelatin in hot liquid. Add vinegar and salt. Cool. Blend in mayonnaise and chill until slightly thickened. If glaze becomes too firm during glazing process, place in bowl of warm water until right consistency.

CLEAR GLAZE

3 1/3 c. water	2 pkg. lemon flavored gelatin
1/2 t. peppercorns	1 t. salt
3 bay leaves	

1/3 c. vinegar

Combine water, peppercorns and bay leaves. Simmer 10 minutes. Strain and dissolve gelatin and salt in hot liquid. Add vinegar. Chill to thicken slightly.

SOUR CREAM KUCHEN

3/4 c. milk	1 pkg. yeast
1/4 c. sugar	4 c. flour
1 t. salt	2 eggs
1/4 c. butter	Brown sugar topping
1/4 c. lukewarm water	Sour cream topping

Scald milk. Stir in sugar, salt and butter. Cool to lukewarm. Dissolve yeast in lukewarm water. Stir into lukewarm milk mixture. Add 1 cup flour. Beat until smooth. Add 1 1/2 c. more flour and then beat in eggs and the remaining 1 1/2 c. flour. Beat until smooth. Place in greased bowl. Let stand until double in bulk. Divide into 3 parts. Then place in greased 9 inch cake pans. Cover and let rise until double. Spread with half of the sour cream topping and sprinkle with brown sugar topping. Bake at 400 degrees for 20 minutes. Remove from oven and spread with remaining sour cream topping. Return to oven and bake 5 minutes longer. Brown Sugar Topping: Mix 2 T. butter with 1 1/2 c. brown sugar and 1 t. cinnamon. Sour Cream Topping: Blend 1 c. sour cream with 1 t. vanilla, 2 T. confectioners sugar and 1 T. cornstarch.

November 30, 1960

DOBOSCH TORTE

Cake Part:

8 egg yolks	1 c. sifted cake flour
3/4 c. sugar	1/4 t. salt
1 t. vanilla	8 egg whites

Beat egg yolks with sugar until thick, light and pale in color. Add vanilla and fold in flour, sifted with the salt. Beat egg whites until stiff, but not too dry. Fold into the batter. Grease the bottoms of 3 8-inch cake pans, cover with rounds of wax paper cut to fit, and grease the paper. Do not grease the sides. Put about 1/2 cup batter into each tin and spread smooth. Bake at 350 degrees for about 8 minutes. Turn the baked layers on rack to cool. Re-grease and re-line cake pans until all the batter is used. This should make about 9 layers. Place layers together with the following filling. Frost top and sides with same filling and garnish with slivered almonds. Chill in refrigerator at least 12 hours before serving. Serves 12.

Filling:

6 eggs	4 T. water
1 c. sugar	1 c. soft butter
5 oz. baking chocolate	1/8 t. salt

Beat eggs until fluffy, add sugar and beat thoroughly. Cook over hot water until it thickens, stirring constantly. Remove from heat and add the chocolate which has been melted with the water. Then beat in, bit by bit, the softened butter. Add salt and 1/2 t. vanilla. Chill, stirring occasionally, before frosting cake.

TURKEY OYSTER PIE

2 c. diced, cooked turkey	1 T. flour
1 c. turkey gravy	1 t. salt
1 c. milk	Pepper
1 c. small oysters	1 T. chopped parsley
1 t. butter	1 recipe of plain pastry

Combine turkey, gravy, milk and oysters. Melt butter, blend in flour and seasonings. Add turkey mixture. Add parsley and heat to boiling. Turn into casserole and cover with a top crust of pastry. Bake at 425 degrees for 15 minutes, reduce heat to 350 degrees and continue to bake about 20 minutes. Serve hot with cranberry sauce.

December 1, 1960

MARINATED CHUCK ROAST

1/2 c. chopped green pepper	1/3 c. vinegar
2/3 c. chopped onion	1/2 c. salad oil
3/4 c. chopped celery and leaves	1 c. red wine (or tomato juice)
2 envelopes garlic salad dressing mix	1 T. Worcestershire sauce
	5# chuck roast

Combine all ingredients and pour over meat. Cover and let marinate for 12 to 24 hours, turning meat occasionally. Drain meat and set meat on rack in pan. Roast in slow oven (325 degrees) for about 2 1/2 hours, basting occasionally with the marinade during roasting period.

CONNIE'S PUMPKIN PIE

3 large eggs, beaten	1 t. cinnamon
1/2 c. white sugar	1/2 t. ginger
1 c. pumpkin	1/2 t. nutmeg
1/2 c. cream	1/2 c. walnuts or pecans
3/4 c. dark syrup	
1/4 t. salt	1 unbaked 9" pie shell

Beat eggs and add all other ingredients. Mix thoroughly and pour into unbaked pie shell. Bake about 50 minutes at 375 degrees.

FRENCH CHOCOLATES

4 oz. semi-sweet chocolate	1/3 c. toasted, chopped almonds
6 T. confectioners sugar	1 T. butter
	1 T. double strength coffee

1/8 t. salt

Grate chocolate fine. Add remainder of ingredients. Roll in additional confectioners sugar or more chopped almonds. Makes 2 doz.

December 2, 1960

CURRIED FISH FILLETS

8 fillets (2 1/2 lb.) sole or flounder	1 c. water
	1 c. white wine
6 T. butter	5 T. flour
2 T. chopped onion	16 mushroom caps
1 t. salt	2 T. butter
1/8 t. pepper	4 tomatoes
1 1/2 t. curry powder	Salt and pepper

Cut fillets in half lengthwise. Roll up each piece and secure with toothpick. Melt 2 T. butter in skillet. Add onion, salt, pepper, curry, water and wine and bring to boil. Place fish rolls in skillet and simmer about 5 minutes. Lift fillets from skillet and arrange on ovenproof platter. Remove toothpicks. Measure 2 cups stock from skillet. Melt remaining 4 T. butter, add flour and blend. Remove from heat. Gradually add stock and then cook until thick and smooth. Pour over fish on platter. Saute mushrooms and top each fish roll with a mushroom cap. Heat at 350 degrees for about 20 minutes. Cut tomatoes in half, dot with butter and salt and pepper. Bake in separate baking dish for about 15 minutes and add to fish platter at serving time.

CHOCOLATE CARAMELS

2 c. white sugar	2 c. cream
1 1/4 c. white syrup	2 sq. chocolate
1/2 c. butter	1 c. toasted pecans

Mix sugar, butter, syrup and 1 cup cream with the shaved chocolate. Stir until it boils. Add remaining cream slowly. Cook to 250 degrees and add 1 t. vanilla and the nuts; pour into well-buttered 9 inch pan and let set overnight. Then cut in squares and wrap each piece separately.

December 5, 1960

SHRIMP JAMBALAYA

1 c. diced onions	Dash of cayenne, cloves and nutmeg
1 clove garlic, minced	1/2 t. thyme
3/4 c. diced green pepper	1 1/2 t. salt
1 c. diced cooked ham	1/4 c. chopped parsley
1/4 c. butter	3 1/2 c. canned tomatoes
1 1/2 c. chicken broth	2 c. oysters with liquid
1 1/2 lb. shrimp shelled and deveined	2 2/3 c. instant rice

Saute onions, garlic, peppers and ham in butter. Add chicken broth, tomatoes and seasoning. Simmer 10 minutes. Add oysters and shrimp. Simmer 3 minutes, bring to a boil and stir in rice. Cover and remove from heat. Let stand 5 minutes and serve. Serves 8.

DANISH PASTRIES

1 pkg. yeast	1/4 t. mace
1/4 c. lukewarm water	3 1/2 to 4 c. flour
1/3 c. sugar	1 c. shortening, part butter
1 t. salt	1 egg
1/4 c. shortening	2 T. sugar
1 c. scalded milk	1/3 c. chopped nuts
2 eggs	Jam, prune or nut filling
1/4 t. vanilla	
1/2 t. lemon extract	

Soften yeast in lukewarm water. Mix 1/3 c. sugar, salt, 1/4 c. shortening with scalded milk. Cool to lukewarm and beat in 2 eggs. Add yeast, extract and mace. Stir in flour, adding enough to make a soft dough. Cover and let rise until double. Roll dough to 1/4 inch thick square. Dot with half of the softened shortening. Fold in half and seal edges. Roll dough again into square, and fold in half again. Roll out again, dot with remainder of butter. Fold in half and seal edges, then roll dough again into square and fold over again. Place dough in greased bowl and let stand 20 minutes. Then roll dough 1/3 inch thick. Cut into 3 inch squares. Place spoonful of jam or filling into center, fold 2 opposite corners to center; press to seal. Place on greased baking sheet. Let rise until half doubled in size. Brush with beaten egg combined with 2 T. sugar and sprinkle with chopped nuts. Bake at 450 degrees for about 10 minutes. Makes 24.

Cheese Filling: 1 egg yolk, 1 c. cottage cheese, 1/3 c. sugar, 1/2 t. vanilla, and 1 t. grated lemon rind beaten together.

Almond Filling: 1/4 c. butter, 1/4 c. sugar, 1 egg, 1/2 c. almond paste and 3/4 t. almond extract, beaten together.

Prune Filling: 1/2 c. pureed prunes, 2 T. sugar, 1 t. lemon juice, 1/4 t. cinnamon. Simmer together until slightly thickened.

(Featuring candies and cookies to make now for Christmas)

December 6, 1960

BROWN SUGAR FUDGE OR PENUCHE
(Very creamy...packs well and keeps well)

2 T. butter	Pinch soda
2 c. brown sugar	1 heaping tablespoon marshmallow cream
1 c. white sugar	1/4 t. salt
1 c. thin cream	1 c. chopped nuts
1 t. vanilla	

Melt butter, add sugars, cream and soda. Stir until sugar is dissolved, bring to a boil and boil to 240 degrees F. Stir occasionally to prevent burning. Remove from heat, add marshmallow cream and pour on marble slab (or place pan in

Brown Sugar Fudge or Penuche (Cont.)

another pan of cold water to cool). When cool add salt and vanilla and beat until creamy. Candy will become hard, work with hands until softened and place in pan. Nuts are optional but should be added during the beating process.

SPRITZ
(Cookie Press Cookies)

2 1/4 c. flour	1 c. shortening
3/4 c. sugar	1 egg
1/4 t. baking powder	1 t. vanilla
1/2 t. salt	

Sift flour, sugar, baking powder and salt. Cut in shortening with pastry blender until mixture is quite fine. Measure egg into a measuring cup, a large egg should measure 1/4 c. If it does not, add water to the 1/4 c. line. Add egg and vanilla to mixture and mix well. Fill cookie press about 1/2 full. Press cookies out onto ungreased cookie sheets. Bake at 375 degrees for 10 to 12 minutes.

HOLLY LEAVES

Sift together 1 3/4 c. flour, cut in 3/4 c. shortening (part butter). Knead into a ball of dough. Roll out and cut with holly leaf cutter. Place on ungreased cookie sheet and bake at 350 degrees for 10 to 12 minutes. Frost with green icing and decorate with cinnamon candies. Makes 2 1/2 dozen. (Note: Roll about 1/4 inch thick, do not roll too thin--these are like shortbread.)

December 7, 1960

CHRISTMAS NOUGAT

1 1/2 c. sugar	1 c. whole, unblanched almonds
1 1/2 c. light corn syrup	Rice or wafer paper (optional)
2 t. vanilla	*2 1/2 c. marshmallow cream
1/2 t. salt	
1/4 c. butter, melted	

Combine sugar, corn syrup and cook, stirring constantly until mixture begins to boil. Boil without stirring until mixture reaches 275 degrees, remove from heat, let stand 2 minutes. Place marshmallow cream in well buttered bowl, pour syrup in all at once, beating vigorously until smooth. Add vanilla and salt, add butter a little at a time, add almonds a few at a time, beating constantly. Line bottom of 9 inch square pan with rice paper or butter pan well. Pour in nougat, flatten top with hand and let stand until cold and firm (several hours). If using wafer paper, place piece cut to fit on top of candy while cooling. Makes 2 pounds. Note: For a holiday touch add 1/2 c. finely cut red and green candied cherries.

*Marshmallow Cream

3/4 c. sugar	1/4 c. egg whites
2/3 c. light corn syrup	2 T. water

In small saucepan combine sugar, syrup and water. Cook stirring constantly until mixture begins to boil. Cook without stirring to 238 degrees. Remove from heat. Beat egg whites until stiff, pour syrup slowly over whites, beating constantly until mixture is lukewarm. (This recipe may be used for general purposes calling for marshmallow cream. Store in covered container and keep in refrigerator. Stir before using.)

LEBKUCHEN

1 c. honey	1/2 t. nutmeg
3/4 c. brown sugar	1 t. cinnamon
1 egg	1/2 t. cloves
1 T. lemon juice	1/2 t. ground cardamon
1 t. grated lemon rind	1/2 c. chopped candied fruit
2 1/2 c. flour	1/3 c. blanched slivered almonds
1/2 t. soda	

Bring honey to a boil, cool, stir in brown sugar and remaining ingredients. Chill dough several hours or overnight. Roll dough to 1/4 inch thick. Cut in rectangles 3 1/2 x 2 inches. Place on lightly greased cookie sheet. Bake at 350 degrees about 12 minutes. Cool slightly before removing from pan. Makes about 2 dozen. Note: If necessary add a little additional flour when rolling -- the softer the dough the better the cookie.

December 8, 1960

I.G.A. DAY STEAK SALE

BEEF STORGANOFF

1 1/2 pounds sirloin steak	1 t. salt
1/2 pound mushrooms, sliced	1 t. paprika
1 large onion, sliced	1/4 t. pepper
2 T. butter	1 T. flour
	1/4 c. water
	1 c. Dairy sour cream

Cut steak into strips 2 inches long. Brown steak with mushrooms and onion in butter. Season with salt, paprika and pepper. Cover and simmer for 20 minutes or until meat is tender. Drain meat drippings into a saucepan and skim off excess fat. Make a paste using the flour and water, stir into drippings. Heat stirring constantly until thickened. Just before serving blend in sour cream and pour the gravy over the meat. Serve at once. 4 servings.

YUMMY DATE-SPICE CAKE

1/2 c. shortening	1 t. salt
1 c. cut-up dates	1 t. cinnamon
1 c. brown sugar	1 t. nutmeg
1 c. hot water	1/2 t. allspice
2 c. flour	1/2 t. cloves
1 t. soda	1 c. chopped nuts
1 t. baking powder	1 t. vanilla

Combine shortening, dates, sugar and water. Simmer for 5 minutes. Cool slightly. Sift flour, soda, baking powder, salt, spices. Add nuts. Combine liquid and dry ingredients, add vanilla, mix till blended. DO NOT OVERBEAT. Pour batter into greased 8 x 8 pan. Bake at 325 degrees for 45 minutes. Frost with Creamy Lemon Frosting. Cut into thin slices to serve. NOTE: This cake does not contain any eggs. This cake is even better the second or third day. Can be frozen. Creamy Lemon Frosting: Blend 1 c. confectioners sugar or enough to make of spreadable consistency. Spread thinly on cake.

December 9, 1960

SCOTCH SHORTBREADS
(This cookie keeps indefinitely)

1 pound butter	4 - 4 1/2 c. flour
1 c. brown sugar	1/8 t. baking powder

Dash of salt

Cream butter and sugar until fluffy. Sift flour, baking powder and salt. Add gradually to sugar mixture. Last of flour may be worked in with hands. Divide dough in thirds or quarters. Shape into logs about 1 1/4 inches in diameter. Wrap in waxed paper and chill several hours or overnight. Slice about 1/4 inch thick. Place on ungreased cookie sheet and bake at 375 degrees for about 12 minutes. NOTE: For interesting variation color part of dough or melt 1 package of chocolate bits and spread on one side of cookie, then dip in macaroon coconut. Coconut also may be colored for variation.

SWEDISH PEPPARKOKAR
(Keeps indefinitely...nice with creamy eggnog for holidays)

1/2 c. sugar	3 c. flour
1/2 c. butter	1 t. soda
1/2 c. Brer Rabbit molasses	1 t. cinnamon
	1 t. ginger
1/3 c. water	1/4 t. cloves

Combine in a 3 quart saucepan sugar, butter, cut in small pieces, molasses and water. Heat to lukewarm (about 110 degrees) stirring constantly. Remove from heat and continue to stir until butter melts. Cool. Sift flour, soda and spices. Add to cooled mixture, blending well. Cover; chill overnight. Place chilled dough about one-fourth at a time on well floured surface. Knead 10 strokes. Coat dough with flour, then roll out with floured rolling pin to 1/8 inch thickness. Cut into desired shapes with cookie cutters or pastry wheel. Place on lightly greased baking sheets and bake at 375 degrees for 5 to 8 minutes. Decorate with white or colored frosting using a pastry tube to make lines on the cookies or decorate before baking with whole or slivered almonds.

WROC - Television
Channel 5

TRUDY McNALL'S
HOME COOKING RECIPES

December 12 - 22, 1960

Weekdays
9:30 A.M.

CHRISTMAS COOKIES, CANDIES AND CAKES

December 12, 1960

MAPLE CARAMELS

1 1/2 c. sugar	1/4 c. butter
3/4 c. light corn syrup	1/4 t. salt
1 1/2 c. light cream	1/2 c. chopped nuts
3/4 c. maple syrup	1 t. vanilla

In a 3 quart saucepan combine sugar, corn syrup, half of cream and maple syrup. Stir until blended. Cook for about 10 minutes with heat just high enough to keep candy from boiling over. Add remaining cream a little at a time, add butter and salt. Cook to 244 degrees, stirring occasionally. Lower heat near end to prevent scorching. Remove from heat, add nuts. Pour into greased 8 inch square pan. When cold cut into squares and wrap in waxed paper or cellophane. Makes about 2 pounds. Note: Do not refrigerate caramels, this makes them too hard. Wrap as soon as cut or the caramels will spread.

BRAZIL NUT SENSATION CAKE

3/4 c. flour	1 pound pitted dates
3/4 c. sugar	1 c. well-drained maraschino cherries
1/2 t. baking powder	3 eggs
1/2 t. salt	1 t. vanilla
3 c. shelled Brazil nuts	

Grease and line with waxed paper 9" x 5" x 3" loaf pan. In large bowl combine nuts, dates and cherries. Sift flour, sugar, baking powder and salt over fruit and nuts; mix with hands until well coated. Beat eggs until foamy, add vanilla; stir into nut mixture and mix well. Spread evenly in pan. Bake at 300 degrees for 1 hour and 45 minutes. Cool in pan on wire rack for 15 minutes. Remove from pan; peel off paper; cool on rack. Wrap in aluminum foil and store in refrigerator. Keeps 5 or 6 weeks. Note: 3 cups of Brazil nuts equals 2 pounds unshelled or 1 pound shelled.

MINCEMEAT BUTTER DROP COOKIES

1 c. canned mincemeat	1 c. soft butter
4 c. flour	2 c. brown sugar
1/2 t. soda	2 eggs
1 t. salt	1 c. chopped nuts

Sift flour, soda and salt. Cream butter and sugar, add eggs and blend well. Add sifted dry ingredients. Add mincemeat and nuts. Drop by spoonfuls onto lightly greased cookie sheet. Bake at 400 degrees for about 12 minutes. Decorate with white or colored icing if desired. Note: You may use 1 9-oz. pkg. condensed mincemeat, add 1/2 c. water and 1 t. lemon juice and boil quickly until almost dry, stirring often. Let cool before using.

December 13, 1960

BRAZIL NUT CHOCOLATE COOKIES

3/4 c. flour	2 eggs, well beaten
1/2 t. salt	3 squares chocolate, melted
1/2 c. shortening	1 t. vanilla
1 c. sugar	

1 c. chopped Brazil nuts

Combine flour and salt. Cream shortening and sugar, add eggs and melted chocolate. Beat until fluffy. Add sifted dry ingredients, vanilla and nuts. Drop by spoonfuls on lightly greased baking sheet. Cover bottom of glass with damp cloth and press each cookie very thin. Bake at 325 degrees 12 to 15 minutes. Yield: About 3 dozen.

SWISS COCONUT MACAROONS

4 egg whites	1/2 c. flour
1 c. confectioners sugar	2 c. shredded coconut
	1 t. vanilla

Beat egg whites until stiff. Add vanilla. Gradually beat in sugar. Continue beating until mixture is stiff and glossy. Fold in flour and coconut. Drop by teaspoonfuls onto greased and floured cookie sheet. Bake at 325 degrees for 15 minutes or till lightly browned.

OLD ENGLISH BUTTER TOFFEE

1/2 c. butter	1 c. chopped almonds
2 c. sugar	1/2 c. water

2 T. light corn syrup

In a heavy 2 quart saucepan combine sugar, butter, water and corn syrup. Cook, stirring occasionally to 290 degrees or until candy makes a brittle ball in cold water. Remove from heat, add nuts. Pour into oiled 11 x 16 inch pan. Spread to uniform thickness while hot. Allow to stand for several minutes or longer then mark top into squares or rectangles. Note: You may divide recipe in half and then pour candy into buttered 8-inch square pan.

December 14, 1960

(A lesson on Fondant and Fondant Candies)

BASIC WHITE FONDANT

3 c. sugar	2 T. light corn syrup
1 c. hot water	

In a 2 quart heavy saucepan combine all 3 ingredients. Mix thoroughly with spoon. Place over low heat and stir until mixture begins to boil. Cook without stirring until thermometer registers 238 degrees. Wash down crystals that form on sides of saucepan with brush dipped in hot water. When temperature is reached, pour syrup onto cool marble slab or large platter. Let stand until center feels lukewarm. Beat with wooden spoon or candy scraper until candy becomes creamy white and very thick. At this stage it will harden suddenly. Knead pieces of candy with hands until soft. Disregard tiny lumps as they will soften during ripening. Store fondant in jar with a tight cover. Ripen at least one day before using. Makes about 1 1/2 pounds.

FONDANT CANDIES

BON-BONS: Cream fondant until soft, flavor as desired, color delicately. Shape into attractive forms and designs. Decorate with candied fruits or nuts.

COCONUT ROLL: Take one half cup of fondant, flavor with vanilla and color pink. Mold in rolls of one inch in diameter and three or four inches long. Roll in coconut. Cut into one-inch pieces.

STUFFED DATES: Stuff pitted dates with small amount of colored fondant.

TUTTI-FRUTTI ROLL: To one cup of fondant add equal parts of nuts, dates and candied fruits. Mold into a roll and let set. Cut into slices to serve.

AFTER-DINNER MINTS: Place 1 c. fondant in top of small double boiler. Melt over hot water, stirring occasionally. Flavor and color as desired. Drop from tip of spoon onto corrugated

After-Dinner Mints (Cont.)

side of rubber mat. (Rubber mats may be purchased in linoleum departments of stores. Wash surface with soapsuds and rinse thoroughly the first time. Dry well and let remain uncovered on flat surface until absolutely dry. It is not necessary to wash mat after each use.)

COCONUT CENTERS FOR BON-BONS

1/2 c. light corn syrup	2 c. macaroon coconut
1/3 c. marshmallow cream or 1 c. marshmallows	1 recipe Basic Fondant (ripened for at least one day)
1 t. vanilla	

Cook syrup and marshmallow only until completely melted and well blended. Use low heat. Remove from heat and stir in coconut and vanilla. When cold form into very small balls, (they will be much larger after dipping). If mixture becomes too stiff, dip hands in cold water...if it becomes too dry add a little warm corn syrup.

HOW TO DIP BON-BONS: Place fondant in top of double boiler and melt as for after-dinner mints. Dip centers into hot fondant one at a time, lift out with fork or bon-bon dipper. Turn onto lightly oiled cookie sheet. If fondant becomes too stiff reheat a little and add a little hot water.

December 15, 1960

I.G.A. DAY PORK SALE

PORK CHOPS IN SCALLOPED POTATOES

6 rib pork chops	6 slices processed cheese food
Salt and pepper	1/4 c. chopped onions
1 quart sliced raw potatoes (about 5 medium sized potatoes)	1 can cream of vegetable soup
	1 1/4 c. milk

Brown chops in skillet. Sprinkle with salt and pepper. Place half of the potatoes in a 2 quart casserole. Sprinkle with salt and pepper. Cover with cheese slices, then remaining potatoes, sprinkle with more salt and pepper. Arrange browned chops over potatoes. Fry onions in drippings in skillet. Add soup, stir in milk. Heat, then pour over chops. Cover with lid or foil and bake at 350 degrees for 30 minutes. Uncover and bake 30 minutes longer or until potatoes are tender. Serves 6.

DUNDEE TEA BARS
(A nice Christmas Cookie also)

1 1/2 c. flour	1/4 c. chopped candied cherries
1 t. baking powder	1/4 c. chopped candied pineapple
1/4 t. salt	1/4 c. chopped raisins
1/2 t. ground nutmeg	1/4 c. chopped citron
1/2 c. shortening	Lemon Glaze*
1/2 c. sugar	
2 eggs	

Sift flour, baking powder, salt and nutmeg. Cream shortening and sugar, add eggs. Stir in flour mixture. Add fruit and mix well. Line a 9 x 9 x 2 inch pan with waxed paper and grease lightly. Add batter and spread or pat evenly in pan. Bake at 325 degrees for 25 to 30 minutes or until lightly browned. Remove from oven. Turn out onto wire cooler. Brush Lemon Glaze over the top. Cool. Cut into 24 bars. Store in a tightly closed jar or box. *LEMON GLAZE: Combine 1/4 c. confectioners sugar, 1 t. water and 1/2 t. lemon juice. Brush over warm cookies.

December 16, 1960

STRAWBERRY DIVINITY

3 c. sugar	1 pkg. strawberry flavored gelatin
3/4 c. light corn syrup	1/2 c. grated coconut
3/4 c. water	1 c. chopped nuts
2 egg whites	

Combine sugar, corn syrup and water. Bring to a boil, stirring constantly. Cook to 252 degrees or until hard ball stage is reached. Beat egg whites until fluffy. Add gelatin and beat until mixture forms peaks. Pour hot syrup slowly into beaten egg whites, beating constantly until candy loses its gloss and holds shape. Fold in nuts and coconut. Pour into greased 9 inch square pan. Makes 60 pieces.

CHRISTMAS CHERRIES
(A rich holiday favorite cookie)

1/2 c. shortening	1/2 t. vanilla
1/4 c. sugar	1 T. lemon juice
1 egg yolk	1 c. cake flour
1 T. grated orange rind	1 egg white, unbeaten
1 1/2 t. grated lemon rind	3/4 c. chopped nuts
	Candied cherries

Cream first seven ingredients until very light and fluffy. Add flour and stir to mix. Chill dough until easy to handle. Form dough into 1/2 inch balls; roll in egg white, then in nuts. Place on ungreased cookie sheet; press bit of cherry in each cookie. Bake at 350 degrees for 20 minutes or till done. Makes about 3 dozen.

December 19, 1960

ALMOND MACAROONS

1 pound almond or macaroon paste	1 c. confectioners sugar
2/3 c. unbeaten egg whites	1 t. vanilla
1 c. white sugar	Vegetable colorings if desired

Cut up almond paste, add egg whites a little at a time and work with electric mixer until smooth. Add sugars gradually, then vanilla. Divide mixture if desired and add colorings, yellow and green very pretty. Grease and flour cookie sheet, drop mixture by spoonfuls onto cookie sheet. Bake at 300 degrees for 30 minutes. Yield: 5 dozen.

CHOCOLATE HALFWAYS
(A shortbread cookie, semifrosted)

2 c. flour	3/4 c. confectioners sugar
1/2 t. salt	1 t. vanilla
1 c. soft shortening	1 c. chocolate bits
	1 T. vegetable shortening

Sift flour and salt. Cream shortening and sugar, add vanilla. Blend in flour. Chill until easy to handle. Roll out to about 1/3 inch thick. Cut into desired shapes. Bake on ungreased cookie sheet at 300 degrees for 20 minutes. When cool, make Chocolate Dip: Melt chocolate with 1 T. shortening over hot water; stir till smooth. Dip end or side of each cookie into chocolate. Let harden on cake rack. Yield: 4 dozen.

December 20, 1960

FAVORITE ROLLED COOKIE
(For Children's Cut-outs)

1 c. shortening	3 eggs, beaten
2 c. sugar	5 1/2 c. cake flour
6 T. milk	1 t. salt
2 t. vanilla	3 t. baking powder

Cream shortening and sugar, add milk and vanilla to eggs. Sift dry ingredients, add alternately with liquid to creamed mixture. Chill dough. Roll out small portions at a time on floured pastry cloth. Cut with fancy cutters. Bake at 375 degrees for 15 minutes. Cool, decorate, ice, etc.

PFEFFERNUSSE

1 c. butter	1 t. cloves
1 1/2 c. sugar	1/2 t. white pepper
3 eggs	1 1/2 c. milk
5 c. flour	1/2 c. water
1 t. salt	1 t. grated lemon rind
4 t. baking powder	1 t. anise seed
1 t. cinnamon	1 c. chopped almonds
1 t. nutmeg	Confectioners sugar

Cream butter and sugar, add eggs and mix well. Sift dry ingredients, add alternately with liquids. Add lemon rind, anise seed and almonds and blend well. Drop by teaspoonful on lightly greased baking sheet. Bake at 350 degrees for 15 minutes. Remove from sheet while warm, dust with confectioners sugar. Makes 5 dozen. Store in tightly covered container.

CHOCOLATE SPRITZ

1 2/3 c. flour	2/3 c. sugar
3 T. cocoa	1 egg
1/2 t. salt	1/4 t. vanilla or almond extract
1/4 t. soda	
3/4 c. butter	

Sift dry ingredients. Cream butter and sugar, add egg and flavoring. Add dry ingredients. Press through a cookie press onto ungreased baking sheets. Bake at 375 degrees for 7 to 10 minutes. Note: Interesting variation, make Shadow cookies. Roll out sugar cookie dough and cut with 2" cutter. Place chocolate chilled cookies atop. Bake at 400 degrees for 10 to 12 minutes.

December 21, 1960

TOASTED ALMOND FINGERS

1 c. butter or margarine	1 t. vanilla
1/2 c. confectioners sugar	2 c. flour
1 T. cream	1/4 t. salt
	2 c. finely chopped toasted almonds

Cream butter, add sugar and cream well. Beat in cream and vanilla. Add flour and salt. Stir in nuts. Chill dough. Shape into "fingers" and bake on ungreased cookie sheet at 325 degrees for about 15 minutes or until delicately browned. When cool, dip one end into frosting made by combining 2 T. softened butter with 1 c. confectioners sugar, 2 T. cocoa and 1 T. cold coffee or milk. Makes 6 dozen.

NEW ENGLAND FRUIT DROPS

½ c. butter

1/4 c. boiling water	3 c. flour
1/2 c. diced mixed candied fruit	1/2 t. salt
3/4 c. raisins	1 t. soda
2 c. brown sugar	1/2 t. cinnamon
2 eggs	1/4 t. cloves
1 t. grated orange rind	1/2 c. chopped nuts

Pour boiling water over fruit and raisins. Cream butter, add sugar and cream well. Beat in eggs and orange rind. Add flour combined with other dry ingredients with the water-fruit mixture. Stir in nuts. Drop by teaspoonfuls onto lightly greased cookie sheet. Bake at 375 degrees for 10 to 12 minutes. Makes about 6 dozen. Note: If desired, press a piece of candied fruit or raisin on top of each cookie before baking.

December 22, 1960

I.G.A. DAY Featuring Turkeys and Hams

(Check Thanksgiving recipe sheets for Turkey Roasting ideas.

BAKED HAM WITH CHERRY GLAZE

Canned ham	1/4 c. vinegar
Maraschino cherries	3/4 c. sugar
Cloves	1 T. butter
Red cherry jelly (8 oz.)	1 t. ginger

Baked Ham with Cherry Glaze (Cont.)

Score ham in diamond shapes. Cut maraschino cherries in half and fasten in center of diamonds with pointed end of cloves. To make glaze heat jelly in small saucepan with vinegar, sugar and butter. Simmer for 20 minutes, stir in ginger. Bake ham for about 1 hour spooning glaze frequently over ham.

NOEL EGGNOG PIE

1 pkg. lemon gelatin	2 well-beaten egg yolks
1 c. hot water	2 stiffly beaten egg whites
1 pint vanilla ice cream	*1 recipe Golden Coconut Shell
1/4 t. nutmeg	
3/4 t. rum flavoring	

Dissolve gelatin in hot water. Cut ice cream in 6 chunks; add to gelatin and stir till melted. Chill till partially set. Add nutmeg and flavoring; stir in egg yolks; fold in egg whites. Pour into cooled coconut shell, chill till set. Trim with coconut evergreens. *Golden Coconut Shell: Combine 3 T. soft butter and 2 1/2 c. flaked coconut (2 - 3 1/2 oz. cans). Press evenly into lightly buttered 9 inch pie plate, building up sides. Bake in slow oven 300 degrees for 20 to 25 minutes, or till crust is golden. Cool. Coconut Ever-Greens: Place tree cooky cutter on pie top and sprinkle green-tinted flaked coconut lightly inside. Lift cutter and fill in with more coconut to make heavier "foliage." If the boughs don't stay where you want them use toothpick to guide coconut in place. Trim tree with red cinnamon candies for ornaments.

YAM-PINEAPPLE BAKE

4 1/2 to 5 cups mashed cooked or canned sweet potatoes	1/4 c. butter
1 c. pineapple tidbits	1 t. salt
	1/4 lb. marshmallows
	1/4 c. pecan halves

Combine sweet potatoes, pineapple, butter and salt. Place half of mixture in buttered 1 1/2 quart casserole. Top with half the marshmallows. Add remaining potato mixture. Arrange pecan halves in center. Cover and bake at 350 degrees until heated through. Top with remaining marshmallows. Bake for about 10 minutes or till marshmallows are lightly browned.

December 23, 1960

DATE-NUT BALLS

2 c. graham cracker crumbs	1 c. chopped dates
1/3 c. confectioners sugar	1 c. chopped nuts
Dash salt	1/4 c. butter, softened
1/2 t. nutmeg	1/4 c. bourbon, rum, or fruit juice

Combine first 6 ingredients. Add butter and bourbon and mix well. Shape dough into balls about 1 inch in diameter, roll in confectioners sugar. Makes about 3 dozen.

SUGAR BELLS
(A sweet trim for desserts)

To 3 cups of granulated sugar, add 1 unbeaten egg white. Add coloring if desired. Blend till color is even. Squeeze mixture in hand, if it holds print of fingers, it's moist enough. If too dry, add a few drops of water. Pack into bell mold. Stand filled mold on waxed paper. Tap bell gently; lift off mold. Let bell harden about 1 hour. Carefully scoop out moist sugar from inside of bell, leaving wall 1/8 to 1/4 inch thick. Poke small hole in top of bell. String small Christmas tree ball on ribbon and draw through hole.

CHERRY TARTS
(Dessert for the caroling crowd)

For STAR CHERRY TARTS: Roll pastry dough to 1/8 inch thick. Cut in rounds and fit over star molds, trim edges. Prick. Bake on cooky sheet at 450 degrees for 10 minutes. Cool. Fill with Tru-Mix Cherry Pie Filling. Trim tops with baked pastry star cut-outs.

TRUDY McNALL'S

I. G. A. HOME COOKING RECIPES

MENU OF THE WEEK

April 1961

Be sure to watch the I.G.A.-Home Cooking Show every Thursday 2:00 to 2:30 P.M. over WROC-TV

April 6, 1961

BEEF WITH DUMPLINGS

2 to 3 lbs. beef chuck, boneless
2 tablespoons shortening
2 teaspoons salt
1/2 teaspoon pepper
2 onions, sliced
1 (10-1/2 oz.) can beef consomme
1 cup water
Dumplings*

Cut meat into 1-1/2 inch cubes. Brown in hot shortening. Add seasonings. Add onions and brown slightly. Combine consomme and water and add to meat. Simmer, covered for 1-1/2 hours until tender. Drop in dumplings, cover and cook 15 minutes without removing lid. 5 to 6 servings.

*Dumplings

2 cups flour
3/4 teaspoons salt
3 teaspoons baking powder
1 tablespoon shortening
1 cup milk

Sift flour, salt and baking powder. Cut in shortening until mixture is crumbly. Add milk and mix lightly and quickly with a fork. Drop dumpling mixture by spoonfulls into hot beef mixture. Cover kettle tightly and cook over medium heat about 15 minutes. Don't uncover the kettle during cooking. Serve at once. 6 Servings.

COOKY SANDWICHES

1 cup butter or margarine
1 cup sifted confectioner's sugar
1 egg
3/4 teaspoon vanilla
2 cups flour
1/2 teaspoon baking powder
3/4 cups rolled oats
18 chocolate covered mints

Cream butter and sugar, add egg and vanilla and mix well. Add sifted flour and baking powder. Stir in oats. Chill dough thoroughly. Roll dough out about 1/8 inch thick on board or canvas lightly sprinkled with confectioner's sugar. Cut with 2-1/2 inch cooky cutter, place on ungreased cooky sheet. Bake at 375 degrees 10 to 12 minutes. Remove from cooky sheet, place mint immediately on one hot cooky and cover with another to make sandwich; repeat for all cookies. Let stand a few minutes for chocolate to soften then press together so chocolate shows around the edge. Makes 18 cookie sandwiches.

BANANA WALDORF SALAD

2 cups diced, unpared red apples
2 tablespoons lemon juice
1 teaspoon sugar
1/2 cup mayonaise
1/2 cup sour cream
2 sliced bananas
1 cup thinly sliced celery
1/2 cup broken walnuts or shredded coconut

Toss apples with lemon juice and sugar. Combine mayonnaise and sour cream. Add bananas, celery and nuts or coconut to apples. Add mayonnaise just before serving. 4 Servings.

NOTE: You may use Beef Stew meat in the Beef with Dumpling receipe if you wish. Short ribs may also be used.

April 13, 1961

Steak Sale....Sirloin Steak, Round or Swiss, Club

GREEN PEPPER STEAK

1-1/2 lbs. round steak (1/2 inch thick)
4 tablespoons flour
1 teaspoon salt
1/2 teaspoon pepper
1 green pepper, cut in strips
1 medium onion, sliced
4 tablespoons shortening
1 can condensed tomato soup
1/2 cup water
1 tablespoon lemon juice
4 or 5 slices lemon
flour-water paste

Pound flour and seasonings into meat. Cut into 4 or 5 pieces. Score edges to prevent meat from curling during cooking. Saute green pepper and onion in shortening until green pepper is almos tender. Brown steak in same skillet. Add tomato soup, water, lemon juice and lemon slices. Cover and simmer about 1 hour or until tender. Remove meat and thicken gravy if desired with flour-water paste. Serve over noodles.

DATE CRUMB GEMS (Any left over? Reheat for breakfast)

1/4 cup shortening
1/4 cup sugar
1 egg
1 cup flour
4 teaspoons baking powder
1/2 teaspoon salt
1/4 teaspoon nutmeg
1 cup graham cracker crumbs
1 cup milk
3/4 cup cut-up dates

Cream shortening and sugar, add egg and mix well. Sift flour, baking powder, salt and nutmeg. Add graham cracker crumbs. Add flour mixture alternately with milk to shortening mixture. Stir in dates. Spoon batter into greased muffin tins or custard cups, filling them half full. Bake at 350 degrees for 25 minutes or until nicely browned. Amount: 12 muffins.

SUNSHINE LEMON ROLL

1 cup cake flour
1 teaspoon baking powder
1/4 teaspoon salt
3 eggs
1 cup sugar
1/3 cup water
1 teaspoon vanilla
Lemon Filling*
Clear Lemon Glaze*

Heat oven to 375 degrees. Grease a 15-1/2 x 10-1/2 x 1 inch jelly roll pan and line bottom with greased brown paper or aluminum foil. Sift flour, baking powder and salt. Beat eggs until very thick and lemon colored. Gradually beat in sugar. Blend in water and vanilla. Slowly mix in dry ingredients, just enough to make batter smooth. Pour into prepared pan. Bake 12 to 15 minutes until top springs back when lightly touched. Loosen edges and immediately turn upside down on a towel sprinkled with confectioner's sugar. Remove paper. Trim off any stiff edges. While cake is still hot, roll cake and towel from narrow end. Cool on wire rack. Unroll, remove towel.

April 13th Continued

Spread with Lemon filling. Roll again. Frost with Clear Lemon Glaze. Sprinkle with coconut. Cut into 1" slices.

LEMON FILLING

3/4 cup sugar
1/4 cup cornstarch
1-1/3 cup liquid (1/2 cup frozen concentrated lemonade plus water)
2 egg yolks, slightly beaten
2 tablespoons butter

Combine sugar and cornstarch in saucepan. Stir liquid in gradually. Cook, stirring constantly until mixture thickens and boils. Boil 1 minute. Gradually beat half of hot mixture into egg yolks. Beat into remaining hot mixture. Boil 1 minute, stirring constantly. Blend in butter. Cool. Spread on cake.

CLEAR LEMON GLAZE

3/4 cup sugar
3 tablespoons cornstarch
1/4 teaspoon salt
3/4 cup water
2 tablespoons grated lemon rind
1 tablespoon butter
1/3 cup lemon juice
1 cup coconut

Combine sugar, cornstarch and salt in saucepan. Stir in water. Bring to rolling boil; boil 1 minute, stirring constantly. Remove from heat. Add lemon rind and butter. Stir in lemon juice. Cool thoroughly. Glaze cake. Sprinkle with coconut.

April 20, 1961

BUTTER BAKED CHICKEN AND GRAVY

1/4 cup flour
1 teaspoon salt
1/8 teaspoon pepper
1 frying chicken, cut up
1/4 cup evaporated milk
1/4 cup butter or margarine
1 can cream of chicken soup
3/4 cup evaporated milk
1/4 cup water

Combine flour, salt and pepper. Dip pieces of chicken in evaporated milk, then roll in flour mixture. Pour melted butter into shallow baking dish. Place chicken in dish. Bake uncovered for 45 minutes at 375 degrees. Combine soup, 3/4 cup of evaporated milk and water. Turn chicken, pour soup mixture around pieces. Bake 30 minutes longer or until tender. Serves 4.

RHUBARB CRUMBLE PIE

CRUST-MIXER METHOD

1-1/4 cups flour
1/2 teaspoon salt
1/2 cup shortening
3 tablespoons ice water

Into large bowl of electric mixer sift flour and salt. Add half of the shortening to the flour mixture. Beat on No. 2 speed until mixture is very fine, about 2 minutes. Scrape bowl while beating. Add remaining shortening and beat only until shortening is in large particles, about 1 minute. Gradually add the ice water. Beat on No. 1 speed just enough to make dough hold together. Roll dough 1/8 inch thick and line 9 inch pie plate.

FILLING

3 tablespoons quick-cooking tapioca
1 cup sugar
1/4 teaspoon salt
1 tablespoon melted butter
4 cups ruhbarb (cut in 3/4 inch pieces)
1 tablespoon grated lemon rind

Combine tapioca, sugar, salt, butter, rhubarb and lemon rind. Pour into pastry lined 9 inch pie plate.

TOPPING

1/2 cup flour
1/2 cup sugar
1/3 cup butter or margarine

Mix flour and sugar, cut in butter or margarine until crumbly. Cover the rhubard with the crumbly mixture. Bake at 450 degrees for 15 minutes, then reduce to 350 degrees and bake 15-20 minutes longer or until brown and rhubarb is tender.

April 27, 1961
PORK SALE AT YOUR
I. G. A.

OVEN BARBECUED PORK

5 lb. loin end pork roast
Salt and pepper
1/3 cup finely chopped celery
1/3 cup minced onion
2 tablespoons brown sugar
2 tablespoons prepared mustard
1 can condensed tomato soup
1 tablespoon Worcestershire sauce
1 tablespoon lemon juice
4 drops tabasco

Place meat, fat side up in a shallow roasting pan. Season with salt and pepper. Bake uncovered at 350 degrees for 35 to 40 minutes per pound. Combine remaining ingredients. When half of roasting time is completed, pour barbecue sauce over meat. Continue roasting, basting occasionally, until done.

OVEN CREAMED POTATOES

1/4 cup butter or margarine
3 tablespoons flour
1 teaspoon salt
1/8 teaspoon pepper
2 cups milk
6 cooked diced potatoes
3/4 cup grated Cheddar cheese
Paprika

Melt butter in saucepan, add flour, salt and pepper. Gradually stir in milk. Cook until smooth, stirring constantly. Add potatoes and half of cheese. Pour mixture into greased 2 quart casserole, top with remaining cheese and sprinkle with paprika. Bake with pork for last hour. Serves 6.

ONION BRAISED PORK CHOPS

4 lean pork chops, 3/4 in. thick
1/2 teaspoon ground sage
1/8 teaspoon pepper
1 tablespoon shortening
1 can beef consomme
1 cup sliced onions
2 tablespoons flour
1/2 cup evaporated milk

Sprinkle both sides of the prok chops with sage and pepper. Heat shortening in skillet and brown chops slowly on both sides. Pour off drippings, add beef consomme and onions to chops in skillet. Cover tightly and simmer for about 45 minutes or till tender. Place chops on warm platter. Mix flour and evaporated milk together until smooth, stir this into mixture in skillet. Heat until steaming hot and thickened. Serve over chops. 4 servings.

FAMOUS GERMAN CHOCOLATE CAKE

1 package Baker's German Sweet Chocolate
1/2 cup boiling water
3/4 cup shortening
1-3/4 cup sugar
4 egg yolks
1 teaspoon salt
1 teaspoon vanilla
1 teaspoon soda
1 cup buttermilk
2-1/2 cups cake flour
4 egg whites

Melt chocolate in boiling water. Cool. Cream shortening and sugar well. Add egg yolks, salt, vanilla and melted chocolate. Beat till well blended. Dissolve soda in buttermilk. Add sifted flour alternately with buttermilk. Beat till smooth. Beat egg whites until stiff, fold into batter. Pour into 2 greased and floured 9 inch layer cake pans. Bake at 350 degrees for 45 minutes.

CHOCOLATE ICING

1/2 cup brown sugar
1/2 cup water
2 tablespoons butter
2 squares chocolate
2 cups sifted confectioner's sugar
1 teaspoon vanilla

Combine brown sugar, water and butter, bring to a boil. Add chocolate and stir till chocolate is melted. Add confectioner's sugar and vanilla, beat until smooth and until thick enough to spread on cake.

TRUDY McNALL'S

I. G. A. HOME COOKING RECIPES

MENU OF THE WEEK

MAY, 1961

Be sure to watch the I.G.A.-Home Cooking Show every Thursday 2:00 to 2:30 P.M. over WROC-TV

May 4, 1961

SPECIAL BROILED LAMB CHOPS

4 lamb chops (loin or rib, 1" thick)
1/4 cup salad oil
1 tablespoon lemon juice
1 teaspoon salt
1/4 teaspoon pepper
1 teaspoon chopped parsley
1 small bay leaf
1 small onion, sliced

Place chops in glass baking dish or pan. Combine remaining ingredients. Pour over chops; chill at least 3 hours. Turn once or twice. Place on broiler rack so that meat is 3 to 4 inches from source of heat. Broil 10 to 12 minutes or 5 to 6 minutes per side.

Note: Mint Jelly is a splendid accompaniment with lamb. Serve a spoonful of jelly in canned pear or peach, or on a slice or orange or canned pineapple ring .... Vegetables to serve with lamb: Potatoes, peas, carrots, celery, asparagus, string beans, lima beans, broccoli, beets, tomatoes, onions.

DOUBLE BOILER CREAMED POTATOES

1 cup milk
4 cups diced raw potatoes
3 tablespoons butter
Salt and pepper to taste

Combine milk and potatoes in top of double boiler. Cook for about 45 minutes, stirring once or twice. Add butter and seasonings. Sprinkle with paprika and parsley before serving.

LOW CALORIE SALAD DRESSING (Use this dressing on mixed greens or vegetable salads or avacado-grapefruit salads.) Its low in calories and yet zesty enough to please dieters and non-dieters alike.

1 can (8 ounces) tomato sauce
1/2 teaspoon salt
1/2 teaspoon dill seed
1/2 teaspoon basil
1/4 teaspoon sugar
Dash oregano
1/8 teaspoon pepper
2 tablespoons vinegar
1 teaspoon grated onion
1 teaspoon Worcester sauce

Combine all ingredients in a pint jar. Cover and shake well. Chill. Shake again before using. Makes about 2/3 cup.

BROWNIE MINT TORTE (A different, delicious dessert. This torte freezes beautifully, but add the cream filling two or three hours before serving.)

3 egg whites
Dash of salt
3/4 cup sugar
1/2 teaspoon vanilla
1 cup fine chocolate cookie crumbs
1/2 cup chopped nuts
1/2 pint whipping cream
2 tablespoons sugar
1/4 cup crushed peppermint stick candy
1/2 square unsweetened chocolate, shaved

Beat egg whites and salt until soft peaks form. Add the 3/4 cup of sugar gradually and continue to beat until stiff peaks form. Beat in vanilla. Fold in crumbs and nuts. Spread in buttered 9 inch pie plate, piling meringue high on sides. Bake at 325 degrees for 35 minutes. Cool thoroughly. About 3 hours before serving whip cream, add the 2 tablespoons sugar and the crushed peppermint stick candy. Pile the peppermint cream into chocolate shell. Chill. Before serving trim with curls of shaved chocolate. Serves 6 or 7.

May 11, 1961

STANDING RIB ROAST (No. 1 on the Favorite Meat List)

6 to 8 pound standing rib roast

Stand roast, fat side up in shallow open pan. Insert meat thermometer into center of thickest part. Do not let point touch bone. (Always roast 2 ribs or more.) Roast uncovered until meat thermometer reaches temperature for doneness desired: 140 degrees for rare; 160 degrees for medium; 170 degrees for well done. Approximate time for 6 pounds rare - 2-1/4 hours; medium 2-1/2 hours; well done 3-1/3 hours.

Vegetables to serve with roast beef: pan browned or mashed potatoes, sliced buttered beets, cauliflower, green beans, green lima beans or creamed corn.

QUICK TOMATO ASPIC SALAD

1 package lemon, orange or apple flavored gelatin
1/2 teaspoon salt
1-1/4 cups hot water
1 can tomato sauce (8 oz)
1-1/2 tablespoons vinegar
1/8 teaspoon pepper
Crisp salad greens

Dissolve gelatin and salt in hot water. Add remaining ingredients, blend. Pour into individual molds. Chill until firm. Unmold on crisp salad greens, serve with mayonnaise if desired.

ALOHA PINEAPPLE TORTE (A dessert from Hawaii)

4 eggs, separated
3/4 cup plus 2 tablespoons sugar
1 cup cake flour
1 teaspoon baking powder
1/4 teaspoon salt
1 cup canned crushed pineapple, well drained
1 cup chopped walnuts

Grease well two - 8 inch layer cake pans, line with waxed paper, grease the paper. Beat egg yolks until thick. Gradually add half of the sugar and beat well. Beat egg whites until stiff; gradually beat in remaining sugar, beating until smooth and glossy. Carefully fold yolk mixture into the beaten whites. Sift flour, measure and sift with baking powder and salt. Fold into egg mixture. Fold in pineapple and walnuts. Turn into prepared pans. Bake at 350 degrees for 30 minutes or till done. Cool. Frost with Pineapple Butter Frosting.

Pineapple Butter Frosting: Cream 1/4 cup butter; gradually beat in 1-3/4 cups sifted confectioners sugar. Add 1 teaspoon vanilla, a dash of salt and 1/3 cup well drained crushed pineapple. Spread between layers and frost top and sides of torte. Serves 6.

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A Tip From Trudy

Ever think of keeping a kitchen diary? This can be a valuable aid to you. In it you can note daily menus, new recipes tried, the family's reactions and suggestions for improvements. You can also keep a record of guests entertained, the menu served. This helps you to avoid serving the same meal time after time. On the other hand if a guest is especially enthusiastic about a dish, it's nice to note this as a repeat treat the next time.

May 18, 1961

SMOTHERED CHICKEN

1/3 cup flour
1 teaspoon salt
1/8 teaspoon pepper
1 cut-up frying chicken
1/4 cup shortening
1 pkg. dehydrated chicken noodle soup
1/2 cup water
1 medium onion, sliced
1-2/3 cups evaporated milk
paprika

Combine flour, salt and pepper. Roll chicken in flour mixture. Heat shortening in skillet and brown chicken. Sprinkle soup mix around chicken. Add water and onion. Cover and simmer for 30 to 35 minutes or till chicken is tender. Remove chicken to deep serving dish. Stir evaporated milk into liquid in skillet. Heat until steaming. Pour over chicken; sprinkle with paprika. Serve with hot mashed potatoes.
Note: Other vegetables to serve with chicken: Peas, carrots, green beans, squash or corn.

CRANBERRY-ORANGE SALAD

1 package orange-flavored gelatin
1 cup hot water
1 orange (with rind)
1 cup whole cranberry sauce

Dissolve gelatin in hot water. Wash the unpeeled orange, cut in quarters, remove seeds. Put orange quarters (with rind) through food chopper. Fold cranberry sauce and chopped orange into gelatin. Pour into individual molds. Chill till firm. Unmold on crisp salad greens. Makes 5 to 6 servings.

SKILLET BISCUITS

1 can refrigerated biscuits
Butter or margarine

Preheat electric skillet to 380 degrees. Grease lightly with butter or margarine. Place biscuits in skillet, being careful that they don't touch each other. Cover and bake for 3 minutes. Turn biscuits; cover and bake 3 minutes. Yield - 10 biscuits.

BUTTERSCOTCH-NUT TASSIES (A nice dessert to end the meal.. small but delicious. Nice for a party or evening refreshment.)

1/2 cup butter or margarine
1/3 ounce pkg. cream cheese
1 cup sifted all-purpose flour
1 egg
3/4 cup brown sugar
1 tablespoon butter or margarine melted
Dash - salt
1/2 teaspoon vanilla
1/2 cup chopped pecans or walnuts
Whipped Cream

For dough: Cream the butter or margarine and cream cheese together. Fold in sifted flour, and blend thoroughly. With fingers shape dough in balls about 1-1/2 inches in diameter. Place each ball of dough in the bottom of a 2-1/4 inch muffin pan. With floured thumb and finger, press dough against bottom and sides, lining pan evenly. For filling: Beat egg, add brown sugar, melted butter or margarine, salt and vanilla. Add three-quarters of the nuts. Spoon filling into lined muffin pans. Sprinkle remaining nuts over top of filling. Bake at 350 degrees for 15 to 18 minutes. Reduce temperature to 250 degrees and bake 10 minutes more. Cool in pans. Serve with whipped cream if desired. Makes 9.
Note: These will freeze.

May 25, 1961

BAKED COOKED HAM: Place ham, fat side up on a rack in a shallow uncovered roasting pan. Bake in a slow oven 325 degrees for 15 minutes per pound.
TO GLAZE HAM: 30 minutes before baking time is up, remove rind and score fat. Spread with orange marmalade.

CANDIED SWEET POTATOES: Peel 6 boiled sweet potatoes, slice 1/2 inch thick, place in buttered shallow casserole. Sprinkle with 2/3 cup brown sugar and dot with 1/4 cup butter. Bake uncovered with ham for 25 to 30 minutes or until hot and glazed.
Vegetables to serve with ham: Green beans, glazed onions or carrots, mixed vegetables, spinach with slivered almonds, squash.

HAM LOAF: (A use for left over ham)

1 pound ground cooked ham
1 pound ground lean fresh pork
2 eggs, slightly beaten
1 cup cracker crumbs
1 cup milk
1/4 teaspoon salt
Dash pepper
1 cup canned pineapple chunks
8 maraschino cherries
3/4 cup brown sugar
2 teaspoons dry mustard
1/4 cup vinegar

Combine ham, pork, eggs, cracker crumbs, milk, salt, and pepper. Mix well. Arrange pineapple and cherries in bottom of 10 x 5 x 3 inch loaf pan. Combine sugar, mustard and vinegar. Spread half of sugar mixture over the fruit. Top with meat mixture, pack firmly on top of fruit. Spread remaining sugar mixture over top of meat. Bake at 375 degrees for 1-1/2 hours. Serve hot or cold with mustard sauce.

MUSTARD SAUCE

1 cup evaporated milk or light cream
1/4 cup sugar
2 tablespoons dry mustard
1 tablespoon flour
1/4 teaspoon salt
1 egg yolk, slightly beaten
1/2 cup hot vinegar

Heat 3/4 cup of the milk or cream in double boiler. Add sugar, Gradually add remaining cream or milk to combine mustard, flour and salt. Add to hot cream. Cook until thickened, stirring constantly. Add a little of the hot mixture to the egg yolk and return to double boiler. Cook until thick and smooth. Gradually stir in vinegar. Makes 1-1/3 cups.

APPLESAUCE FUDGE CAKE (Moist and delicious....keeps well)

1/2 cup shortening
1 cup sugar
2 eggs
1/2 cup appiesauce
2 squares chocolate, unsweetened
1 cup flour
1/2 teaspoon baking powder
1/4 teaspoon baking soda
1/2 teaspoon salt
1 teaspoon vanilla
1/2 cup coconut
1/2 cup chopped nuts

Cream shortening and sugar, add eggs and beat well. Blend in applesauce and melted chocolate. Sift flour, baking powder, soda and salt. Add to first mixture. Add vanilla, coconut and nuts. Pour into greased and floured 8 x 8 x 2 inch pan. Bake at 350 degrees for 45 minutes. Frost if desired.

CHOCOLATE WONDER FROSTING

1- 3 oz. package cream cheese
3 tablespoons milk
2 cups sifted confectioners sugar
2 tablespoons butter
2 squares chocolate
Dash salt
1/2 teaspoon vanilla

Soften cream cheese with milk, add sugar gradually and cream well. Melt chocolate and butter together, add to first mixture. Add salt and vanilla and beat until smooth.

TRUDY McNALL'S

I. G. A. HOME COOKING RECIPES

MENU OF THE WEEK

June 1961

Be sure to watch the I.G.A.-Home Cooking Show every Thursday 2:00 to 2:30 P.M. over WROC-TV

JUNE 1, 1961

CHILI PORK CHOPS

6 thick pork chops
1 teaspoon salt
1/4 teaspoon pepper
2 tablespoons flour
1 tablespoon shortening
6 slices onion
1 cup chili sauce
1 cup water

Dredge the pork chops in seasoned flour. Brown in skillet with shortening. Transfer to small roaster or large casserole. Place an onion slice on each chop. Combine chili sauce and water. Pour over chops. Bake uncovered at 350 degrees for 1-1/2 hours. NOTE: These chops may be simmered on top of stove over low heat if you wish.

NEW POTATOES, CASSEROLE

1 pound new potatoes
1 can cream of mushroom soup
1/2 teaspoon salt
1/4 teaspoon pepper
1/4 cup grated Parmesan cheese

Grease a medium casserole, scrape potatoes. Place potatoes in a casserole. Heat the soup, stir in salt and pepper. When hot pour over potatoes, sprinkle with cheese. Bake at 350 degrees for 60 minutes or until potatoes are fork tender.

OLD FASHIONED STRAWBERRY SHORTCAKE

2 cups flour
1/4 cup sugar
4 teaspoons baking powder
1/2 teaspoon salt
Pinch of nutmeg
1/2 cup butter or margarine
egg or 2 egg yolks, well beaten
1/3 cup milk

Grease an 8 inch round cake pan lightly. Sift dry ingredients, cut in butter or margarine until mixture looks like cornmeal. Mix in egg or egg yolks, add milk gradually. Place dough in baking pan and pat it down with your hand to fit the pan. Bake 12 minutes at 450 degrees. Cool on cake rack. To serve:- Split the shortcake and spread the sweetened fruit generously between the layers and on top. Cover with whipped cream and garnish with more fruit. NOTE: You will need about 3 pints of berries to serve 6 people.

CINNAMON APPLE SALAD

1/4 cup cinnamon candies
1 cup hot water
Dash of salt
1 package apple, orange, or lemon flavored gelatin
1-1/2 cups applesauce

Place candies in hot water and cook over medium heat until candies are melted. Dissolve gelatin and salt in the hot liquid. Add applesauce. Pour into individual molds or 1 quart mold. Chill till firm. Serve on crisp salad greens. Makes 5 to 6 servings.

NOTE: To complete the meal add a green vegetable such as fresh asparagus in season right now .... and of course, rolls or bread, butter, beverage.

JUNE 8, 1961

SILVER-PLATED POT ROAST

(Delicious over charcoal or baked in oven)

4 pounds chuck roast
3 tablespoons flour
1 tablespoon brown sugar
1 teaspoon salt
1/8 teaspoon pepper
1/2 teaspoon dry mustard
3/4 cup ketchup
1-1/2 tablespoons Worcestershire sauce
1 tablespoon vinegar
2 stalks celery, sliced on bias
6 small whole carrots
2 medium onions, quartered
1 medium green pepper, cut in rings
2 firm medium tomatoes, in edges

Brown roast slowly on grill over hot coals or in skillet on stove. Season well with salt and pepper. Combine next 8 ingredients for sauce. Tear off 5 foot length of household-weight foil; fold double or use 2-1/2 feet of heavy duty foil. Spoon half of sauce in center of foil. Place meat atop and cover with vegetables and remaining sauce. Fold foil over and seal securely; bake over slow coals 1-1/2 to 2 hours or till tender or bake on cookie sheet in oven at 375 degrees for 1-1/2 to 2 hours or till tender. Serves 6.

DELMONICO POTATOES

2 tablespoons butter or margarine
1 tablespoon flour
1 teaspoon salt
1/4 teaspoon pepper
3 cups diced cooked potatoes
2 tablespoons chopped pimiento
1/2 teaspoon basil
1/2 cup buttered bread crumbs
1 cup milk (potato liquid plus milk.)

Melt butter or margarine in saucepan. Add flour and seasonings; stir until well blended. Gradually add milk, stirring occasionally until slightly thickened. Add potatoes, pimiento and basil. Serve sprinkled with buttered crumbs. Serves 4.

COCONUT CUSTARD PIE

2 cups milk
1/4 cup sugar
2 tablespoons cornstarch
1/4 teaspoon salt
1 teaspoon vanilla
1 baked 9 inch pie shell
1/2 cup heavy cream, whipped
1 cup flaked coconut
3 eggs, slightly beaten

Scald milk. Combine cornstarch, sugar and salt; mix well. Stir into scalded milk; bring to a boil, stirring constantly. Cook over low heat, stirring constantly until thickened, about 4 minutes. Combine a small amount of mixture with beaten eggs, return to saucepan. Cook over low heat, stirring until mixture is thick and smooth, about 2 or 3 minutes. Cool. Add vanilla. Pour filling into cooled pie shell. Spread whipped cream over filling. Cover with coconut. Refrigerate until serving time.

Note: Complete meal with green salad, rolls, butter, beverage.

JUNE 15, 1961

BROILED "T" BONE STEAK---serve it sizzling...broiled just the way you like it! Follow these easy steps.

Slect steak cut 1 to 2 inches thick. Slash the fatty edge of the steak--don't cut into the meat. Place steak on broiler rack so that top surface is 3 to 5 inches from the heat (for well done, 5 inches; for rare to medium, 3 to 5 inches.) Broil on one side; season with salt and pepper. Turn, broil on other side. Season and serve at once. For 1 inch steak allow total of 15 to 20 minutes; for 1-1/2 inch steak, 20 to 25 minutes; for 2 inch steak 30 to 35 minutes. To test for doneness, cut a slit in the meat and note the color inside; red--rare; pink--medium; gray--well done.

RAW FRIED POTATOES AND ONIONS

1/4 cup shortening
6 medium raw potatoes, sliced
3 medium onions, sliced
1/2 teaspoon salt
1/8 teaspoon pepper
1/8 teaspoon thyme

Melt shortening in skillet, add potatoes and onions alternately. Combine salt, pepper and thyme. Sprinkle seasonings over potatoes and onions. Cover and cook about 15 minutes or until almost tender; uncover and brown evenly on both sides. Serves 6.

GOURMET SPINACH

2 lbs. fresh spinach
1/2 teaspoon salt
4 tablespoons French dressing
2 tablespoons minced parsley
3 slices cooked, crumbled bacon

Wash spinach thoroughly, first in warm water, then in cool. Place in large pan with salt. Cover and cook on high heat until steaming, then reduce to lowest heat for about 8 minutes. Drain

well. Toss lightly with French dressing, and parsley. Sprinkle bacon over top. Serves 6.

GRAHAM CRACKER TORTE

Crust

1-2/3 cups graham cracker crumbs or about 20 graham crackers rolled fine
2 tablespoons sugar
1/4 cup softened butter

Combine cracker crumbs and sugar. Moisten with butter or margarine. Press two-thirds of crumbs firmly against sides and bottom of a well-buttered 8" spring-form torte pan.

Filling

3 cups milk
3/4 cups sugar
1/4 teaspoon salt
3 tablespoon cornstarch
3 egg yolks
1 teaspoon vanilla
1 cup drained crushed pineapple
3 egg whites
6 tablespoons sugar

Scald milk. Blend well the 3/4 cups sugar, salt and cornstarch. Beat in egg yolks, add hot milk gradually. Return to heat, stir until thickened. Cool. Add vanilla and pour into crumb-lined pan. Put drained pineapple on top of custard. Beat egg whites until stiff, add the 6 tablespoons sugar, spread on pineapple, sprinkle with remaining crumbs. Bake at 350 degrees for 12 minutes. Chill overnight before removing from pan.

JUNE 22, 1961

BARBECUED RIBS (Success secret is in the barbecue sauce)

3 to 4 pounds ribs, cut up
1 lemon, sliced
1 large onion, sliced
1 cup ketchup
1/3 cup Worcestershire sauce
1 teaspoon chili powder
1 teaspoon salt
1/4 teaspoon tabasco sauce
2 cups water

Place spareribs, meaty side up, in shallow roasting pan. Top with sliced lemon and onion. Roast at 450 degrees for 30 minutes. Pour off fat. Meanwhile combine ketchup, Worcestershire sauce, chili powder, salt, Tabasco and water. Bring to a boil. Pour over ribs. Bake, basting often at 350 degrees for 1 hour, or till tender. Makes 4 servings.

Baked Potatoes: Select good uniform baking potatoes. Scrub. Rub with fat. Puncture skin with fork to prevent bursting. Bake 45 to 60 minutes with spareribs. Just before serving, roll back and forth with hand to make mealy; cut cross in top and push down on four cut corners. To hasten baking, halve lenghwise and turn cut side down on greased baking sheet.

ORANGE COCONUT WAFERS

3/4 cup shortening
1 cup brown sugar
2 eggs
1-1/2 teaspoon vanilla
1/2 teaspoon orange extract
3 cups flour
1/2 teaspoon baking powder
1/4 teaspoon soda
1/2 teaspoon salt
1 cup shredded coconut
1/3 cup sour cream

Cream shortening, add sugar and mix well. Add eggs and flaverings and beat well. Blend in sour cream. Sift flour, baking powder, soda and salt; mix into creamed mixture. Add coconut. Drop by teaspoonfuls on a lightly greased cookie sheet. Bake at 400 degrees for 8 to 10 minutes. Makes 7 dozen.

GREEN BEAN AND ONION SALAD

2 cups cooked green beans, cut up
4 thin slices Bermuda onion
1/3 cup French dressing
1 tomato cut in cubes
7 or 8 lettuce leaves, broken in pieces

Combine green beans and onion with French dressing. Chill several hours. Add tomato and lettuce. Toss together using additional French Dressing if necessary. Note: Crisp, crumbled bacon is a good addition to this salad. Serves 4 to 6.

JUNE 29, 1961

BROILED CHICKEN AU GRATIN

1 broiler-fryer chicken (2-1/2 to 3 pounds.), cut up
Salt
Pepper
Melted shortening
3 tablespoons milk
1/3 cup Cheddar cheese, grated
3 tablespoons soft bread crumbs
1/2 teaspoon poultry seasoning
1/4 teaspoon paprika

Place chicken skin-side down in broiler pan (without rack) and flatten pieces out. Season with salt and pepper; brush with melted shortening. Place chicken about 6 to 8 inches from broiling unit. Broil 25 minutes. Turn, brush again with melted shortening. Broil for 15 minutes. Combine milk, cheese, bread crumbs, poultry seasoning and paprika. Place on low heat, stirring occasionally, just until cheese is melted and is of spreading consitency. Spread over skin side of chicken. Broil for 3 to 5 minutes.

ASPARAGUS WITH SOUR CREAM HOLLANDIASE

2 pkg. frozen asparagus spears
1/2 teaspoon salt
1/2 cup water

Place asparagus, water and salt in a saucepan and cover. Place on high heat until steaming then lower heat until asparagus is tender. Drain and serve with Sour Cream Hollandiase.

SOUR CREAM HOLLANDIASE

4 egg yolks
6 tablespoons sour cream
2 tablespoons lemon juice
1/8 teaspoon cayenne pepper
1/4 teaspoon salt
1/8 teaspoon dry mustard

Beat egg yolks until thick. Add remaining ingredients and cook on a medium heat until mixture thickens. Keep warm by placing the sauce in a bowl place in hot water. 4 servings.

FRESH LEMON MERINGUE PIE

1-1/2 cups water
1-3/4 cups sugar
1/4 teaspoon salt
1 tablespoon lemon rind
6 tablespoons cornstarch
1/2 cup water
1 egg, well beaten
1 tablespoon butter
1/4 cup lemon juice

Place 1-1/2 cups water, sugar, salt and lemon rind in saucepan; bring to a boil. Dissolve cornstarch in 1/2 cup water. Pour cornstarch mixture slowly into mixture in a saucepan. Bring to a boil on medium heat. Cook until thick and clear, stirring constantly. Remove from heat; gradually add well beaten egg, stirring constantly. Blend in butter. Stir in lemon juice thoroughly. Pour HOT FILLING into a 9 inch baked pie shell. NOTE: This filling will not water or soak the shell in a reasonable time.

MERINGUE

3 egg whites
6 tablespoons sugar
1/4 teaspoon salt

Beat egg whites with salt until they form soft peaks. Add sugar, 1 tablespoon at a time, beating well after each addition. Beat until meringue is stiff and glossy. Spread over the hot filling, making sure the meringue touches the edge of the pie. Bake in a moderate oven 325 degrees for 15 to 20 minutes.

Note: Use egg whites left from Hollandaise sauce. If you wish an extra high meringue use the 4 egg whites and use 1/2 cup sugar.

Note: To complete meal add potatoes and a vegetable, rolls, butter and beverage.

BUTTERSCOTCH CHOCOLATE CHIP BROWNIES

2/3 cup shortening
2-1/4 cup (1#) light brown sugar
3 eggs
2-3/4 cups flour
1/2 teaspoon salt
2-1/2 teaspoon baking powder
1 cup walnuts, chopped
1 cup semi sweet chocolate bits

Melt shortening, add sugar and cool. Add eggs one at a time, beating well after each addition. Sift flour, salt, baking powder and add to batter. Add nuts and chocolate bits, blend well. Pour into greased and floured 10-1/2 x 15-1/2 x 3/4" pan. Bake 350 degrees for 25 to 30 minutes. Cool and cut into squares. Makes about 4 dozen.

COCONUT OATMEAL DROP COOKIES

1 cup shortening
1 cup granulated sugar
1 cup brown sugar
2 eggs
2 cups flour
2 cups shredded coconut
1 teaspoon soda
1 teaspoon baking powder
1/2 teaspoon salt
1 teaspoon vanilla
2 cups rolled oats

Cream shortening and sugars until light and fluffy. Add eggs and beat well. Sift flour, soda, baking powder and salt. Add to creamed mixture. Add vanilla. Stir in rolled oats and coconut. Drop by spoonfuls onto an ungreased cookie sheet. Bake at 350 degrees for about 15 minutes or until lightly browned. Makes about 50 cookies.

TRUDY McNALL'S

I. G. A. HOME COOKING RECIPES

MENU OF THE WEEK

JULY, 1961

Be sure to watch the I.G.A.-Home Cooking Show every Thursday 2:00 to 2:30 P.M. over WROC-TV

JULY 6, 1961

ITALIAN PICNIC SHOULDER (Economy recipe)

1 whole picnic shoulder,	3/4 cup vinegar
3 to 5 cloves garlic	water

Remove skin from picnic. Peel, slice garlic cloves in fourths lengthwise. Cut vertical slits about 1/2 inch deep in meat and insert garlic slices as you remove knife. Place in large kettle, cover picnic with water, add vinegar, cover and simmer about 1 hour and 40 minutes or about 20 minutes per pound. Remove from broth, bake in slow oven 300 degrees for about 50 minutes or 10 minutes per pound. (This recipe for about a 5 pound picnic) Note: Picnics are inexpensive shoulder hams, because the meat is coarser than other types of ham, the flavor is improved by boiling before baking. You can omit the garlic or use less if you wish...this is a good basic method of cooking picnics.

FRESH STRAWBERRY GLAZE PIE

PIE CRUST (Mixer method--repeat request)

1-1/4 cups sifted flour	1/2 cup shortening
1/2 teaspoon salt	3 tablespoons ice water

Into the large bowl of electric mixer, sift the flour and salt. Add half of the shortening. Beat on No. 2 speed until mixture is very fine, about 2 minutes. Scrape bowl while beating. Add remaining shortening and beat only until shortening is in larger particles, about 1 minute. Gradually add ice water. Beat on No. 1 speed just enough to hold dough together. Roll about 1/8 inch thick and line a 9 inch pie plate. Place a second pie plate of the same size and shape (or an 8 inch plate) on the unbaked pie shell. Bake in a hot oven 425 degrees for 16 to 20 minutes or until lightly browned. (You will have a perfectly baked pie shell.)

FILLING

1-1/2 quarts strawberries	3 tablespoons cornstarch
1/2 cup water	1 tablespoon butter
1 cup sugar	Red food coloring

1 cup heavy cream, whipped

Wash, hull and thoroughly drain berries; crush enough to make 1 cup leaving the rest whole. Combine crushed berries with water, sugar and cornstarch; bring to a boil, cook over low heat 2 to 3 minutes, stirring constantly until thick and clear. Add butter; tint to desired shade; cool slightly. Line baked pastry shell with whole berries; pour glaze mixture over. Cool; just before serving garnish with whipped cream.

SWEET POTATO PUDDING (A vegetable)

5 medium sweet potatoes, pared	1 egg
1/2 cup water	1 teaspoon cloves
1/2 teaspoon salt	1 teaspoon cinnamon
2 tablespoons butter	1/2 teaspoon allspice
1/3 cup pineapple juice	1/2 teaspoon nutmeg
1/4 cup milk	8 marshmallows

Place potatoes, water and salt in covered saucepan. Cook until tender. Mash, add remaining ingredients except marshmallows. Place in greased 1-1/2 quart casserole. Bake uncovered at 350 degrees for about 10 minutes. Place marshmallows on top and brown for 3 to 5 minutes. Serves 6.

Note: To complete meal add French style green beans..

JULY 13, 1961

(Time to cook-out--how about charcoal-broiled sirloin steak...It's sure to be dad's choice.)

Charcoal Broiled Sirloin Steak: Fine quality Choice Table-Rite I. G. A. sirloin steak is my choice for a supper meal. Trim excess fat so drippings won't blaze up. Have steak 1 to 1-1/2 inches thick. (If you prefer very rare steak a 2 inch thick steak is a real treat. Spear some of the steak trimmings with a long-handled fork and rub over hot grill. This keeps steak from sticking. When coals have burned down to a glow with a gravy film over the top, it's time to start the steak. Broil the first side to a mouth-watering brown, turn, season with salt and pepper and continue broiling until steak is done to your likeness. If drippings flare a sprinkle of water will quench the blaze. For a 2 inch cut allow 35 to 40 minutes for medium rare; for 1 inch steaks allow about 20 minutes total cooking time.

HOT POTATO SALAD

6 slices bacon, cut in half-inch pieces	1/2 teaspoon paprika
2 medium onions, chopped	1/3 cup vinegar
2 tablespoons flour	1 cup water
2 tablespoons sugar	2 hard-cooked eggs, chopped
1-1/2 teaspoons salt	1 tablespoon parsley, chopped
1/4 teaspoon pepper	

6 cups cubed cooked potatoes

Pan-fry bacon and onion in a large skillet, until both are brown. Add flour, sugar, salt, pepper and paprika; stir to blend. Add vinegar and water and cook until thickened. Add eggs, parsley and potatoes; cook slowly until potatoes are hot and flavors are blended. Garnish with sliced hard cooked eggs and chopped parsley. 6 to 8 servings.

Note: Serve a large platter of crisp green, sliced tomatoes and crisp relishes such as carrot sticks, celery, onions, radishes.

ANGEL STRAWBERRY PIE (A nice party dessert)

3 egg whites	1 pint fresh strawberries, hulled
1 teaspoon vanilla	1/4 cup sugar
1/2 teaspoon salt	1/2 cup heavy cream, whipped
1 cup sugar	2 tablespoons sugar
1/2 cup chopped pecans	1/2 teaspoon vanilla
1/2 cup flaked coconut	
1/2 teaspoon baking powder	

Beat egg whites until foamy; add 1 teaspoon vanilla, salt and 1 cup sugar; continue beating until stiff. Combine pecans, coconut and baking powder; fold into meringue mixture; spread in greased 9 inch pie pan. Pile mixture higher around the edge. Bake at 325 degrees for 30 minutes. Cool.

To make filling: Save 6 or 7 of the nicest berries for garnish. Slice the rest and combine with 1/4 cup sugar. Let stand for about 10 minutes. Drain. Arrange the drained berries over the cooled meringue shell. Whip cream, add the 2 tablespoons sugar, 1/2 teaspoon vanilla. Spread over berries, garnish with reserved berries. Chill 2 or 3 hours before serving. Yield:

JULY 20, 1961

BAKED HAM APRICOTS PIQUANTE

Smoked ham	Cloves
1 can whole apricots	Maraschino or candied cherries, optional
1-1/2 cups brown sugar	

Trim the rind and a little of the fat from the ham. Score the top and stud with cloves. Combine apricot juice, brown sugar and 1/4 cup of the ham fat and cook to a thin sirup. Bake ham at 350 degrees for about 20 minutes per pound. Baste frequently with sirup during the last hour of baking. Decorate with cherries before serving if desired. During last 20 minutes, place apricots around meat and brush with glaze.

CHEESE SCALLOPED POTATOES

2 tablespoons butter	2 cups milk
1-1/2 tablespoons flour	1 cup shredded processed cheese
1 teaspoon salt	4 cups thinly sliced pared raw potatoes
1/4 teaspoon pepper	

Melt butter in saucepan. Add flour and stir until blended. Add salt and pepper. Stir in milk gradually and cook stirring constantly until mixture is thickened. Add cheese and stir until melted. Remove from heat. Place potatoes in 1-1/2 quart casserole. Add hot cheese sauce. Cover. Bake at 350 degrees for 30 minutes, uncover and bake 30 minutes or until potatoes are tender. 6 servings.

Note: Serve fresh green peas for a vegetable.

COLESLAW AND GRAPEFRUIT SALAD

4 to 5 cups shredded cabbage	1 teaspoon salt
1 cup sour cream	1 teaspoon dry mustard
1-1/2 tablespoons lemon juice	1 fresh grapefruit, sectioned or 1 (8 ounce) can grapefruit sections

Combine cream, lemon juice, salt and mustard. Toss cabbage with the dressing. Add the grapefruit sections, chilled and drained. Toss gently. 4 to 6 servings.

OLD-FASHIONED MACE POUND CAKE (Nice with fruit or ice cream... the flavor improves with age if stored in a tightly closed cake box. Wonderful as a tea snack.)

1 teaspoon ground mace	1-3/4 cups sugar
1/4 teaspoon salt	5 large eggs
1 cup butter or margarine	2 cups sifted all-purpose flour
1-1/2 teaspoon vanilla	

Combine mace, salt, butter or margarine and vanilla in large mixing bowl. Mix well. Gradually blend in sugar. Beat in 4 eggs one at a time. Gradually stir in flour, mixing well after each addition. Beat in remaining egg. Turn into well-greased, lightly floured 9-inch tube cake pan. Place in a cold oven. Set the oven control to 300 degrees and bake 1 hour or until toothpick or cake tester inserted in the center comes out clean. Cool in pan 20 minutes. Turn out onto a wire rack to finish cooling.

JULY 27, 1961

ROAST STUFFED TURKEY

Stuff and truss turkey just before roasting. Use 3/4 to 1 cup of Parsley stuffing per pound ready to cook weight. Stuff wishbone cavity and skewer neck skin to back. Tuck wings behind shoulder joints. Rub large cavity with salt. Spoon in stuffing. Shake bird to settle stuffing; do not pack. Place skewers across opening; lace shut with cord. tie drumsticks securely to tail. (If opening has band of skin across, push the drumsticks underneath, and you won't need to fasten opening or tie legs.) Grease skin well. If you use a meat thermometer insert it in the center of the inside thigh muscle adjoining the cavity.

TO ROAST: Place bird breast up on rack (but breast down if using V-rack) in shallow roasting pan; leave in this position for entire roasting time. Cover with loose "cap" of foil-press lightly at drumstick and breast ends, but avoid having it touch top or sides. Roast according to chart below:

(Set oven at 325 degrees. Times are for chilled turkeys stuffed just before roasting.)

Ready to cook weight (before stuffing)	Time (Total)
6 to 8 pounds	3 to 4 hours
8 to 12 pounds	4 to 4-1/2 hours
12 to 16 pounds	4-1/2 to 6-1/2 hours
16 to 20 pounds	5-1/2 to 7 hours
20 to 24 pounds	7 to 8-1/2 hours

Note: Cooking times are approximate only. Meat thermometer should register 195 degrees.

PARSLEY STUFFING

3 quarts stale bread cubes	1/3 cup chopped parsley
1-1/2 teaspoons ground sage	1/2 cup finely chopped onion
1-1/2 teaspoons thyme	1/2 cup butter or margarine, melted
1-1/2 teaspoons rosemary	
1 teaspoon salt	1 cup canned chicken broth

Combine all ingredients except broth. Add broth, toss lightly to mix. Makes 8 cups or enough to stuff a 10 pound bird.

CREAM CHEESE PIE

1 cup cornflake crumbs	2 tablespoons sugar

1/3 cup soft butter or margarine

****

1/2 cup sugar	3 eggs, separated
2 teaspoons flour	1/3 cup light cream
1 8 ounce package cream cheese, softened	1 teaspoon vanilla

Combine cornflake crumbs, butter and sugar; mix well. Press evenly and firmly around sides and bottom of a 9 inch pie pan, reserving 2 tablespoon for topping. Chill. Blend sugar, flour and cream cheese. Beat egg yolks slightly; stir in cream and vanilla. Add to cheese mixture and mix thoroughly. Beat egg whites until stiff but not dry; fold into cheese mixture. Spread in pie shell. Sprinkle with reserved crumbs. Bake in a slow oven 325 degrees about 55 minutes or until set. Serve warm or chilled. Sprinkle reserved crumbs on top.

SPARKLING CRANBERRY SALAD MOLD (Nice accompaniment to turkey and poultry)

1 can (1 lb.) jellied cranberry sauce
1-1/4 cups fruit juice or water
1 package (3 oz.) lemon-flavored gelatin

Heat cranberry sauce and water in a saucepan to boiling. Add gelatin; stir to dissolve. (If cranberry sauce does not dissolve completely, put through strainer to break up lumps.) Pour into a 1-1/2 quart salad mold, 8 x 8 inch pan or 6 individual molds. Serve with mayonnaise if desired.

* * * * TRY THIS ONE FOR JULY * * * *

CHOCOLATE DROP COOKIES

2 cups flour	1 egg well beaten
1/4 teaspoon soda	3 sq. chocolate, melted
1/8 teaspoon salt	1/2 cup milk
1/2 cup shortening	1 teaspoon vanilla
2/3 cup brown sugar	1/2 cup chopped walnuts

Sift flour, soda and salt. Cream shortening and sugar, add egg and mix well. Add chocolate. Add flour alternately with milk. Stir in vanilla and nuts. Drop by spoonfuls onto lightly greased cookie sheet. Bake at 350 degrees for about 8 minutes. Yield: 3-1/2 to 4 dozen.

TRUDY McNALL'S
I.G.A. HOME COOKING RECIPES
FEBRUARY, 1962

Be sure to watch Trudy McNall Thursdays 2:00-2:30 P.M.--Channel 5.

February 1, 1962 (Featuring Fryers)

DELICIOUS OVEN BAKED CHICKEN

1 or 2 frying chickens
1/3 cup flour
1 teaspoon salt
1/8 teaspoon pepper
Shortening for frying
2 tablespoons chopped onion
1 can cream of chicken soup
1/3 cup milk or cream

Place fat in skillet to depth of 1/2 inch. Combine flour and seasonings. Coat chicken with flour mixture. Brown in fat using medium heat. Remove chicken from skillet. Pour off excess fat. Brown onion slightly in skillet. Add chicken soup and milk and bring to a boil. Place gravy in shallow casserole. Place chicken on top and bake at 400 degrees for 50 to 60 minutes or until tender.

LUSCIOUS NUT CAKE

2/3 cup shortening
1-2/3 cup sugar
3 eggs
2-2/3 cup flour
2 teaspoons baking powder
1 teaspoon salt
1 cup milk
1 teaspoon vanilla
1 cup nut meats

Cream shortening and sugar. Beat in eggs well one at a time. Combine flour, baking powder and salt. Add alternately with milk to mixture. Add vanilla and nuts. Pour into greased and floured 9 x 13 inch pan. Bake at 350 degrees for 50 to 55 minutes.

Caramel Icing:

Melt 1/4 cup sugar in heavy skillet, stirring constantly. Heat 1/3 cup cream and 1/4 cup butter together, add gradually to melted sugar, stir until smooth. Add enough confectioners sugar (about 2 cups) to make of spreading consistency.

TOMATO APSIC HEARTS

2 cups tomato juice
1 small bay leaf
3 whole cloves
1 small onion sliced
1 teaspoon lemon juice
1 tablespoon unflavored gelatin
1/4 cup cold water
Salad greens

Simmer tomato juice, bay leaf, cloves and onion for 5 minutes. Strain. Add seasonings and lemon juice. Soften gelatin in cold water; dissolved in 1-3/4 cups of the hot mixture. Pour into 6 individual heart molds. Chill until firm. Unmold on crisp salad greens.

Glazed Whole Carrots:

Cook small whole carrots in boiling salted water until tender; drain. For 2 bunches carrots melt 1/2 cup butter, add 1/4 cup sugar. Add cooked carrots and cook over medium heat, stirring occasionally until carrots are well glazed. Garnish with parsley.

ONION SAUCE DELICATE (A Gourmet recipe)

1 can (10 3/4 ounces) condensed cream of vegetable soup
1/3 cup milk
3 small white onions, cooked
Dash black pepper
4 tablespoons butter

Combine soup, milk, pepper and onions in Osterizer; blend until smooth. Pour into saucepan; add butter. Cook slowly until butter is melted and sauce is hot. If desired add 1 teaspoon chopped chives or 1 tablespoons grated Parmesan cheese. Makes about 1½ cups sauce. Serve over cooked broccoli, asparagus, potatoes or cauliflower or as a sauce for cooked fish fillets or steaks.

February 8, 1962

HAM STEAK IN ORANGE SAUCE

1 center cut slice of ham
1/4 cup sugar
1 tablespoon flour
1 cup boiling water
1 orange, juice and grated rind
1 tablespoon butter

Score fat around edges of the ham. Place in baking dish and bake at 350 degrees for 45 to 50 minutes. Pour off drippings. Mix sugar and flour, add boiling water and simmer for 5 minutes. Add orange juice, rind and butter. Pour sauce over ham and serve immediately. Serves 4 to 6 depending upon thickness of ham slice.

CANDIED SWEET POTATOES

5 or 6 cooked or canned sweet potatoes
1/4 cup butter or margarine
1/4 cup brown sugar

Peel cooked potatoes; halve. Arrange in greased vegetable dish. Blend sugar and butter; Pour over potatoes. Cover and bake with ham at 350 degrees for 45 to 50 minutes. Makes 5 to 6 servings.

BAKED FROZEN VEGETABLES (Corn, lima beans, peas, green beans)

1 pkg. frozen vegetables
2 tablespoons butter or margarine
3/4 teaspoon salt
1/4 teaspoon pepper

Place frozen vegetables in 1½ quart casserole. Dot with butter; sprinkle with salt and pepper. Cover and bake with ham and sweet potatoes about 45 minutes. Note: After vegetables have been in oven for about 20 minutes stir them once.

CHOCOLATE CAKE (One of the very best . . . . a new recipe)

3 squares unsweetened chocolate
1/2 cup water
1 cup thick sour cream
2 cups cake flour
1 teaspoon baking soda
1 teaspoon salt
1½ teaspoons baking powder
2/3 cup butter
2/3 cup brown sugar
1 cup granulated sugar
3 eggs
2 teaspoons vanilla

Place chocolate and water in saucepan over low heat until chocolate is melted, stirring till blended. Cool thoroughly; then add sour cream, mixing well. Meanwhile combine flour, soda, salt and baking powder. Cream butter and and sugars. Add eggs, one at a time, mixing well after each. Add vanilla and beat. Add dry ingredients alternately with sour cream mixture, mixing well after each addition. Pour batter into 2 greased and floured 9 inch layer pan. Bake at 350 degrees for 30 to 35 minutes. Cool. Spread frosting between layers and over top and sides of cake.

A favorite Chocolate Frosting (New and very good)

3 squares unsweetened chocolate	4½ cups sifted confectioners sugar
2 tablespoons butter	1/4 teaspoon salt
3/4 cup sour cream	1 teaspoon vanilla

Melt chocolate and butter over hot water. Remove from heat and let stand until cool. Blend sour cream, sugar and salt. Add chocolate and vanilla. Beat well until spreadable consistency.

February 15, 1962

CONTINENTAL BEEF PATTIES

1½ pounds ground beef	1/2 cup chopped Maplecrest Bologna
1/2 cup coarse dry bread crumbs	1 cup coarse dry bread crumbs
1 tablespoon onion	1/3 cup milk
1 egg beaten	1/4 teaspoon marjoram
1/2 teaspoon salt	2 teaspoons minced onion
1 tablespoon Worcestershire sauce	2 tablespoons shortening
1/4 cup milk	1 can cream of mushroom soup
1/4 cup water	

Combine ground beef, 1/2 cup bread crumbs, 1 tablespoon onion, egg, salt, Worcestershire sauce and 1/4 cup milk. Shape into 12 thin patties. Mix together bologna, 1 cup bread crumbs, 1/3 cup milk, marjoram, and 2 teaspoons minced onion. Place about 2 tablespoons of stuffing on 6 meat patties. Top each with a plain patty. Press down edges to seal stuffed patties. Brown in shortening. Pour off drippings. Combine soup and water, then pour over patties. Cover tightly and simmer 20 minutes. 6 servings.

Cherry Pie

2½ cups frozen cherries (thawed and drained)	2 tablespoons plus 1 teaspoon cornstarch
2/3 cup cherry juice	2/3 cup sugar

1/8 teaspoon almond extract

Combine cherry juice and cornstarch, cook stirring constantly until thick and clear. Add sugar and cook for 2 minutes. Add almond. Pour over well drained cherries. Cool while making pie crust. Pour cooled filling into 8 inch pie shell. Cover with strips of pastry about 1/2 inch wide, weaving to form a lattice. Use 7 strips each way. Bake at 425 degrees for 30 to 40 minutes.

Butter-Pecan Bread (A delicious tea bread)

2¼ cups flour	1 cup brown sugar
2 teaspoons baking powder	1 cup chopped pecans
1/2 teaspoon soda	1 slightly beaten egg
1/2 teaspoon salt	1 cup buttermilk
1/2 teaspoon cinnamon	2 tablespoons melted butter

1/4 teaspoon nutmeg

Sift flour, baking powder, soda, salt and spices; stir in sugar and nuts. Combine remaining ingredients; add to flour mixture, stirring just till moistened. Bake in greased 9½x5x3 inch loaf pan in moderate oven 350 degrees for 45 minutes or till done. Cool slightly before removing from pan. Note: Put thin slices together with cream cheese to accent a fruit plate.

Saucy Franks (A luncheon treat . . . franks in a tangy rich tomato sauce)

2--8 ounce cans seasoned tomato sauce	2 teaspoons Worcestershire sauce
1 tablespoon vinegar	1/2 teaspoon onion salt
1 tablespoon prepared mustard	Dash tabasco sauce

2 pounds frankfurters

Combine all ingredients except frankfurters. Bring to a boil. Score frankfurters. Add to sauce and simmer gently until heated, about 8 minutes. Serve with sauce. Serves 8.

February 22, 1962

SWISS CHUCK STEAK

1/4 cup flour	3 tablespoons shortening
3/4 teaspoon salt	1 medium onion, chopped
1/8 teaspoon pepper	1¼ cups stewed tomatoes
1½-2 pounds chuck roast	1/3 cup sliced carrots

1/3 cup sliced celery

Mix flour, salt and pepper. Dredge the chuck with the seasoned flour. Pound into both sides of the meat as much more of the flour mixture as it will hold. Brown meat well in the fat using heavy skillet or Dutch oven. Add the vegetables, cover and simmer gently until tender, one and one half to two hours. Or bake in covered casserole in oven at 325 degrees for about 2 hours. Remove meat to platter. Thicken liquid for gravy if desired.

CHEESE AND SAUSAGE LOAF (Delicious sliced cold for sandwiches or serve hot for dinner or luncheon.)

1½ pounds bulk pork sausage	3/4 cup cracker crumbs
2 eggs, slightly beaten	1/3 cup milk
1/4 pound sharp process American cheese, cut into 1/4 inch cubes	1/4 cup chopped onion

Combine all ingredients and mix well. To mold, press into loaf pan 8½x4½x2½ inch; then turn out into shallow baking dish. Bake at 350 degrees for 1¼ to 1½ hours. For trim, cut 2 square cheese slices in half diagonally; overlap on the hot loaf -- cheese will melt slightly.

SOFT GINGER COOKIES (Special request)

1¼ cups shortening	1½ teaspoons cinnamon
1/3 cup brown sugar	1 teaspoon allspice
1½ cups molasses	5 cups flour
1 egg	1/2 cup boiling water
2 teaspoons ginger	4 teaspoons baking soda

1/2 teaspoon salt

Cream shortening and sugar. Add molasses and egg. Mix well. Sift spices and 2 cups flour together. Add to creamed mixture alternately with the boiling water. Add another cup of flour and mix well. Sift remaining 2 cups flour with soda and salt. Stir very well into batter. Drop by tablespoonfuls onto lightly greased baking sheets. Bake at 375 degrees for about 10 minutes or until lightly brown. Makes about 4 dozen 4 inch cookies.

BAKED SHOESTRING POTATOES (To bake with Swiss Chuck Steak)

4 medium potatoes	Dash pepper
3 tablespoons butter	1/2 cup sharp cheese, grated
1 teaspoon salt	2 tablespoons chopped parsley
1/4 cup milk	

Peel potatoes and cut into strips lengthwise. Add butter, salt, pepper, parsley and milk. Sprinkle with cheese. Bake covered at 325 degrees for 1¼ hours.

TRUDY McNALL'S
I.G.A. HOME COOKING RECIPES
MARCH, 1962

Be sure to watch Trudy McNall Thursdays 2:00-2:30 P.M.--Channel 5.

March 1, 1962

SWISS STEAK IN A PACKAGE

2 pounds round steak, 1 inch thick	1/2 teaspoon salt
3/4 cup ketchup	1/8 teaspoon pepper
1/4 cup flour	1 large onion, sliced
	1 lemon, thinly sliced

Pound steak with a meat pounder or edge of saucer. Combine ketchup and flour. Place half of this mixture in center of a 2½ foot length of heavy aluminum foil. Place steak on top; season with salt and pepper. Cover meat with onion slices and remaining ketchup mixture. Top with lemon slices. Using the drugstore wrap, fold foil and seal securely. Place on a rack in a shallow baking pan and bake at 350 degrees for 1½ hours or until tender. Serves 6.

CARROTS EN PAPPILOTE:

Place 2 bunches of carrots, sliced, on a length of heavy aluminum foil. Season with salt and pepper. Seal in foil with drugstore wrap. Tightly roll up one end. Hold package upright in hand and add 1/4 cup water and 2 tablespoons butter. Tightly roll up the open end of the foil. Place flat on a pan. Bake at 350 degrees for 1½ hours. Serves 6.

FUDGE DROPS (from Hazel Morgan)

1¼ cups sugar	2½ cups flour
1/3 cup shortening	1/2 cup cocoa
1 egg, beaten	1/8 teaspoon salt
1/2 cup milk	1 teaspoon vanilla
3 teaspoons baking powder	2/3 cup chopped nuts (optional)

Cream sugar and shortening. Add egg and blend well. Combine baking powder, flour, cocoa and salt. Add alternately with milk to first mixture. Stir in vanilla and nuts. Drop by spoonfuls onto lightly greased cookie sheet. Bake at 350 degrees for 12 to 15 minutes.

HOT CRABMEAT CANAPES (Use as a canape on crackers of small rounds of toast or on slices of bread as a luncheon treat.)

Whip 2--3 oz. pkg. cream cheese with 1/4 cup heavy cream until smooth. Beat in 1/4 cup mayonnaise, add 1 teaspoon minced onion, 1/2 clove garlic (crushed) pinch of salt. Add 6-1/3 oz. can crabmeat marinated for 1 hour in 1/4 cup lemon juice. Add 1/8 teaspoon Worcestershire sauce and 2 drops Tabasco sauce. Spread on crackers or small rounds or bread toasted on one side. (Spread mixture on untoasted side.) Place under broiler until brown. Makes about 50 canapes or horsdoeuvres or 12 luncheon sandwiches.

March 8, 1962

KEY WEST PORK CHOPS

2 tablespoons salad oil	4 large onion slices
4 lean pork chops	4 lemon slices
1 cup raw rice	4 tablespoons chili sauce
Salt	2½ cups tomato juice or water

1/2 teaspoon Tabasco Sauce

Brown chops in oil on both sides. Remove chops and brown rice in skillet, coating all the grains with fat. Place chops on top of rice in casserole. Place slice of onion, a slice of lemon and a spoonful of chili sauce on each chop. Add the tomato juice and Tabasco. Cover and bake at 325 degrees until chops are tender, about one hour.

MOLDED APPLESAUCE SALAD

1 pkg. lemon jello	1 tablespoon lemon juice
3/4 cup boiling water	1 cup diced celery
1 cup applesauce	1/4 cup chopped nuts

Lettuce or Salad greens

Dissolve jello in boiling water. Add applesauce. Chill until mixture begins to thicken. Combine lemon juice, celery and nuts. Mix into gelatin mixture. Pour into well oiled individual molds. Chill until set. Serve on lettuce or other salad greens. Serve with Cranberry Dressing or Mayonnaise.

CRANBERRY DRESSING:

Soften 1--3 oz. pkg. cream cheese with 3 tablespoons light cream. Add 2 tablespoons whole cranberry sauce. Mix well

BANANA CAKE

2½ cups cake flour	2/3 cup shortening
1–2/3 cups sugar	2/3 cup buttermilk
1¼ teaspoons baking powder	1¼ cups mashed bananas (about 3 bananas)
1¼ teaspoons baking soda	
1 teaspoon salt	2 eggs

2/3 cup chopped nuts

Sift dry ingredients into large bowl or mixer. Add shortening, 1/2 of the buttermilk, and mashed bananas. Beat for 2 minutes on slow speed, scrape bowl and beater and mix well. Add eggs, remaining milk and beat 2 minutes. Fold in nuts. Pour into 2 greased and floured 9 inch cake pans. Bake at 350 degrees for 35 to 40 minutes or till done. Cool. Frost with Fluffy Cocoa Frosting.

FLUFFY COCOA FROSTING

2/3 cup milk	5 tablespoons shortening
3 tablespoons flour	2/3 cup sugar
6 tablespoons butter	4 tablespoons cocoa

1/2 teaspoon vanilla

Cook milk and flour on medium heat until thick. Cool. Cream butter, shortening, sugar and cocoa well. Add cooled flour mixture. Beat well with mixer until fluffy and sugar is dissolved. Add vanilla. Note: Cake and frosting will freeze.

March 15, 1962

BAKED CHICKEN IN CREAM

2 frying chickens cut up or favorite parts	Flour
Milk	4--6 tablespoons shortening
2 teaspoons salt	1/2 pound mushrooms
1/4 teaspoon pepper	2 tablespoons butter
	2 cups light cream

Put chickens in bowl with enough milk to cover. Let stand half an hour. Drain and rub with 1 teaspoon salt and 1/8 teaspoon pepper and dredge with flour. Heat shortening in skillet and brown the chicken a few pieces at a time. Drain on paper toweling. Saute mushrooms, whole if small, quartered if large, in butter. Pour in the cream and season with 1 teaspoon salt and 1/8 teaspoon pepper. Let boil up once. Place chicken in shallow 2½ quart casserole, pour the sauce over and bake in slow oven 325 degrees for 40 to 50 minutes. 6 to 8 servings.

APPLE CRISP

6 tart apples	3/4 cup flour
1 cup sugar	1/8 teaspoon salt
1/4 teaspoon cloves	1/3 cup butter
1/2 teaspoon cinnamon	1/4 cup chopped nuts
2 teaspoons lemon juice	Whipped cream or ice cream

Peel core and slice apples into a bowl. Add 1/2 cup of the sugar, spices, lemon juice. Mix lightly and pour into a 1½ quart casserole. Blend remaining sugar, flour, salt and butter to a crumbly consistency. Add nuts, sprinkle over apples. Bake 45 minutes at 350 degrees or till apples are tender and crust is nicely browned. Serve with whipped cream or ice cream. Serves 6.

MUSHROOMS AND FROZEN LIMAS:

Cook one package large frozen limas as directed on package. When done add 1/2 cup milk or cream, salt and pepper to taste. Simmer 5 minutes (don't boil), and add 4 to 5 mushrooms caps sliced and sauted in butter. Let simmer 3 minutes.more. Nice contrast of flavor and quality. Note: You may use one 3 oz. can broiled mushrooms slices if desired.

March 22, 1962

PICNIC SHOULDER, ITALIAN STYLE

1 smoked whole picnic shoulder, about 5 pounds	4 cloves garlic, optional
	3/4 cup vinegar

Remove skin from the picnic shoulder. Peel and slice the garlic cloves in fourths lengthwise. Cut vertical slits about 1/2 inch deep in the picnic and insert garlic slices as you remove the knife. Place in a large kettle; cover meat with water· add vinegar. Cover; simmer about 20 minutes per pound. Remove meat from broth. Bake in a slow oven 300 degrees 30 to 40 minutes. Glaze as you would ham if desired.

TUNA CHEESE CASSEROLE (A Lenten Special)

1 envelope French's Cheese Sauce Mix	1 can (7-Oz) tuna, drained and flaked
1½ cups milk	1 cup cooked peas
2 cups cooked rice	1 cup crushed potato chips

Combine sauce mix and milk. Heat just to boiling, stirring constantly. In a 1½ quart casserole, mix together rice, tuna, peas and sauce. Top with crushed potato chips. Bake in moderate oven 350 degrees 25 to 30 minutes or until bubbling hot. 4 servings.

CHOCOLATE CREAM ICE BOX CAKE

2½ cups chocolate cookie crumbs (10 Oz.)	3 egg whites
1/2 cup butter or margarine	1/2 cup sugar
1 tablespoon gelatin	1/8 teaspoon salt
1/4 cup cold water	1/2 teaspoon vanilla
1/3 cup boiling water	1 cup heavy cream, whipped

Measure out 1/2 cup of the cookie crumbs. Combine recrumbs with butter. Press into pan 7 x 11. Bake in slow oven 325 degrees for about 5 minutes. Dissolve gelatin in cold water. Add boiling water; stir until gelatin is dissolved. Beat egg whites until stiff; add salt and vanilla, add sugar gradually and beat until stiff. Combine egg mixture with gelatin; fold in whipped cream. Pour over cookie crumb crust. Sprinkle remaining crumbs over top. Chill in refrigerator until firm.

March 29, 1962

CHEESE STRATA (A Lenten Speciality)

12 slices bread	2-2/3 cup milk
1/2 pound cheese	1 teaspoon salt
2 eggs	1/8 teaspoon pepper

Line a buttered dish with 8 slices of bread. Slice cheese and cover bread with it. Cover cheese with remaining slices of bread. Beat eggs, add milk, salt and pepper and pour over bread. Cover and store in refrigerator several hours before baking. Bake uncovered at 400 degrees for 25 minutes .

BRAISED BEEF WITH MASHED POTATOES

3 pounds beef chuck	1½ (8 oz.) cans tomato sauce
Flour	3/4 cup chopped onion
2 teaspoons salt	2 teaspoons Accent
1/4 teaspoon pepper	Celery leaves
Shortening	1 bay leaf, crushed
3 cups water	1/2 teaspoon dry mustard

Mashed Potatoes (about 2 cups)

Cut beef into julienne pieces (about 2 x ½ inch) Dredge the pieces of meat with seasoned flour and brown in a little shortening. Add remaining ingredients except potatoes. Cover and simmer very slowly until meat is tender, about 2 hours. Put meat in center of dish. Spoon a border of mashed potatoes around the edges and run under broiler just long enough to brown potatoes slightly. Note: Stir mixture occasionally and add additional water if necessary.

GINGER SNAPS

3/4 cup shortening	1 teaspoon ginger
1 cup sugar	1 teaspoon cinnamon
1/4 cup molasses	1 teaspoon cloves
1 egg	1/2 teaspoon salt
2 teaspoons soda	2½ cups flour

Cream shortening and sugar. Add molasses and egg and mix well. Sift dry ingredients together and add. Roll dough into small balls. Dip in granulated sugar. Press flat onlightly greased cookie sheet. Bake at 375 degrees about 12 minutes. Makes 3 dozen.

BANANA TEA BREAD

1-3/4 cups flour	1/3 cup shortening
2 teaspoons baking powder	2/3 cup sugar
1/4 teaspoon soda	2 eggs, well beaten
1/2 teaspoon salt	1 cup mashed ripe bananas

Sift flour baking powder, soda and salt. Cream shortening and sugar, add eggs and mix well. Add flour mixture alternately with the bananas, beat till smooth. Pour into well greased bread pan 8½ x 4½ x 3 inches) Bake at 350 degrees for 1 hour and 10 minutes or until done.

TRUDY McNALL'S
I.G.A. HOME COOKING RECIPES

APRIL, 1962

Be sure to watch Trudy McNall Thursdays 2:00-2:30 P.M.--Channel 5.

April 5, 1962

TOP HAT PORK CHOPS

4 thick pork chops
1/4 cup butter
1 medium onion, chopped
1/2 cup chopped celery
1½ cups soft bread crumbs
3/4 teaspoon salt
1/8 teaspoon pepper
1-1/4 cup canned chicken broth

Melt 3 tablespoons of the butter in skillet, saute onion and celery for several minutes. Combine bread crumbs, salt and pepper in large bowl. Add onions and celery and mix to form a stuffing. Add enough of the chicken broth to moisten the stuffing. Put remaining 1 tablespoon butter in skillet and brown chops on both sides. When browned mound stuffing on each one dividing as evenly as possible. Put remaining chicken stock into the pan. Cover and bake at 350 degrees for 45 minutes. Uncover and bake for 15 minutes longer.

OVEN BROWNED POTATOES

Peel medium size potatoes, parboil for 15 minutes. Brush with butter or salad oil. Arrange in single layer in baking pan. Bake until crusty and brown 45 to 60 minutes. Turn when brown on one side.

HAWAIIAN PINEAPPLE UPSIDE-DOWN CAKE (A cake to bake with meat and potatoes)

1 can (1 lb. 4½ oz.) Sliced or crushed pineapple
1/4 cup butter or margarine
1/2 cup brown sugar
Maraschino cherries
1 package loaf-size * white or yellow cake mix

Drain pineapple well. Melt butter or margarine in pan. (6 to 6½ cup ring mold, 9 inch round, or 8 or 9 inch square pan). Remove from heat and stir in sugar. Arrange pineapple and cherries in sugar mixture. Prepare cake mix batter as directed on package and pour over fruit and sugar mixture in pan. Bake at 350 degrees for 40 to 50 minutes or until done. Loosen edges of cake, cover with serving plate, invert, then lift off pan. Makes 8 or 9 servings. * Or use 1/2 batter from regular size package, then bake remainder as cup cakes.

EASY HOT CROSS BUNS

1 package Hot Roll Mix
3/4 cup water
1 egg
1/2 cup seedless raisins or currants
3 tablespoons chopped citron (optional)
1 teaspoon cinnamon

Sprinkle yeast from Hot Roll Mix over warm water in large bowl; stir to dissolve. Add egg, raisins or currants, citron, cinnamon and dry mix. Mix well. Let rise in warm place 85 degrees F. until double in size 30 to 45 minutes. Divide dough into 16 equal portions and shape into balls. Place on lightly greased baking sheets. Let rise in warm place until light and double in size, about 30 minutes. Bake in hot oven 400 degrees 15 minutes or till golden brown. Brush with soft butter. For frosting: Use 1 cup sifted confectioners sugar and 4 to 5 teaspoons milk. Form cross on top of each bun.

BROILED SCALLOPS

1½ pounds scallops, fresh or frozen
1/3 cup butter or margarine, melted
1/2 teaspoon salt
Paprika
Parsley
Dash white pepper

Thaw frozen scallops. Remove any shell particles and wash. Place on a greased broiler pan. Combine butter and seasonings. Brush scallops with this mixture. Broil about 3 inches from source of heat for 3 to 4 minutes. Turn carefully, brush other side with seasoned butter and broil 3 minutes. Sprinkle with parsley.

April 12, 1962

SPECIAL BROILED LAMB CHOPS

4 lamb chops (loin or rib, 1" thick)
1/4 cup oil
1 tablespoon lemon juice
1 teaspoon salt
1/2 teaspoon pepper
1 small bay leaf
1 teaspoon chopped parsley
1 small onion, sliced

Place chops in glass baking dish or pan. Combine remaining ingredients and pour over chops. Chill at least 3 hours. Turn once or twice. Broil 3 to 4 inches from heat about 6 minutes per side.

OVEN FRIED FISH

2 pounds fish fillets or steaks
1 tablespoon salt
1 cup milk
1/4 cup butter or margarine
1 cup dry bread crumbs

Cut fish into serving size portions. Add salt to milk. Dip fish in milk, then in bread crumbs. Place in well greased baking pan. Drizzle butter over fish. Bake in hot oven 500 degrees for 10 to 12 minutes.

PINEAPPLE CREAM SQUARES

1-20 oz. can crushed pineapple
2½ cups graham cracker crumbs
1/2 cup melted butter
2 eggs
1½ cups confectioners sugar
1/4 cup soft butter
1/2 pint heavy cream

Drain pineapple well. Reserve 1/4 cup of crumbs. Combine remaining crumbs and 1/2 cup melted butter. Press into 9 inch square pan. Bake for 5 minutes at 350 degrees. Cool. Combine eggs, sugar and 1/4 cup butter. Beat until light and fluffy. Spread this mixture over cooled crumb crust. Whip cream, fold in pineapple. Pour over mixture. Sprinkle 1/4 cup crumbs over top. Place in refrigerator to cool and set.

EASTER BUNNY CAKE

Yield: 1 - 5 cup glass baking bowl mold
1 - 10 ounce glass baking bowl mold

1/2 cup shortening
1 cup sugar
1 teaspoon salt
1 teaspoon vanilla
2 eggs
2 cups cake flour
3 teaspoons baking powder
3/4 cups milk

Cream shortening and sugar, add salt and vanilla. Add eggs and beat well. Sift flour, baking powder, and salt, add alternately with milk to first mixture. Mix well. Lightly grease and flour bowls. Fill 10 ounce glass bowl about 1/2 full. Pour remaining batter into 5 cup glass bowl. Bake at 300 degrees --the 10 oz. bowl about 30 minutes and the 5 cup bowl about 1 hour and 15 minutes. Cool for 20 minutes, remove from bowl, placing molds upside down, one in front of the other to form the head and body.

FROST WITH . . . Snowy Cream frosting made by combining 1/2 cup shortening, then adding 3½ cups sifted confectioners sugar, 1/4 cup milk, 3/4 teaspoons salt and 1 teaspoon vanilla. Frost bunny and cover with 1½ cups

Angel Flake Coconut. Decorate with pink mints for eyes and half mint for nose, striped ribbon bow at neck, long pink paper ears and three marshmallows covered with frosting and coconut for the tail. ' Incidently when you are ready to eat the cake slice the body cutting into the center just like a round cake. Save the bunny head until last. EASTER BUNNY CAKE WILL CAUSE A LOT OF EXCITEMENT. He is surely a reproduction of Mr. Peter Cottontail.

APRIL 19, 1962 (Ham for Easter)

(Make your Easter Ham pretty as a picture. Score it with imagination; add a glistening glaze, a colorful trim).

Baked Ham: For a fully cooked variety of ham, bake at 325 degrees for about 12 minutes per pound. Remove the ham from the oven a half hour before it has finished heating or baking. For a nice glaze combine 1 cup brown sugar, 1 tablespoon flour, 1 teaspoon dry mustard, 1 tablespoon vinegar and 3 tablespoons pineapple or other fruit juice. Spread glaze over ham (be sure any rind is removed) and bake for about 30 minutes or until glaze is set.

GARNISHING THE HAM: Make a pretty flower decoration for the ham. Cut petals about 3 inches long and 3/4 inches to an inch wide in the centers from grapefruit rind. Allow 6 petals for a flower. Cut leaves of the same size from green pepper. Allow 2 leaves for each flower. Arrange the golden petals directly on top of the glazed ham. Center them with a half of a large plump maraschino cherry. Then arrange the green pepper leaves on each side of the flower. One flower is just right for a 6 pound butt or shank portion. Two or three flowers will be needed, however, for a whole 12 to 16 pound, or larger ham. A bit of green parsley or watercress around the ham on the platter will complete the platterful of nutrition, flavor and beauty for the festive holiday meal.

GLAZED SWEET POTATOES AND PINEAPPLE

3 pounds sweet potatoes
1 (9 oz.) can crushed pineapple
1½ cups sugar
1/2 cup butter

Cook the potatoes in boiling salted water until barely tender. Drain, peel and slice. Drain the pineapple, reserving syrup. Mix 1/2 cup of the syrup with sugar and butter in a skillet. Simmer 10 - 15 minutes until thickened. Add the potato slices, continue cooking and baste until well glazed. Take out the potatoes and keep warm in a vegetable dish. Add 1/2 cup crushed pineapple to the glaze. Heat and pour over potatoes. 6 servings.

EASTER SUPRISE CAKE

1 baked 10-inch angel food cake
1 package strawberry gelatin
1 cup hot water
1 cup cold water
1/2 cup heavy cream, whipped
1 cup heavy cream
3 tablespoons sugar
Dash salt
1/4 teaspoon vanilla
Rosebud mints (optional)

Cut a 3/4 inch horizontal slice from the top of the cake. Carefully remove center of cake leaving a 1/2 inch shell. Place on a serving plate. Dissolve gelatin in hot water, add cold water. Chill until slightly thickened. Place in bowl of ice and water and whip with a rotary beater until fluffy like whipped cream. Fold in whipped cream. Turn into cake shell and cover with top slice of cake. Wrap in waxed paper and chill 6 to 8 hours or overnight. Before serving cake, combine cream, sugar, salt and vanilla. Whip until light and fluffy. Spread over top and sides of cake. Decorate with rosebud mints if desired. Serve at once. Note: Don't waste the cake you removed from the center. Toast strips of it under the broiler or roll cubes of cake in tinted boiled frosting and shredded coconut.

For a vegetable use fresh or frozen asparagus with INGE'S DRESSING.

INGE'S DRESSING: Beat 2 eggs slightly, add 2 tablespoons sugar, 1/8 teaspoon salt, 1/2 cup vinegar, 2 tablespoons butter. Cook, stirring constantly until thickened. Cool. Add 1 teaspoon prepared mustard and fold in 1/2 cup heavy cream whipped. Serve over asparagus or broccoli. Delicious.

April 28, 1962

BARBECUED POT ROAST

3 to 4 pound chuck roast
3 tablespoons shortening
1/8 teaspoon pepper
1 teaspoon salt
1/2 cup ketchup
1/2 cup water
1 tablespoon vinegar
1 tablespoon brown sugar
2 tablespoons lemon juice
1 tablespoon Worcestershire sauce
1/2 teaspoon salt
1 medium onion sliced

Brown pot roast in shortening. Pour off drippings. Season with pepper and 1 teaspoon salt. Mix together remaining ingredients and add to pot roast. Cover tightly and simmer 2½ hours or until tender. Thicken liquid for gravy. Add additional water if necessary during cooking. Yield: 6 to 8 servings.

DATE NUGGETS

2½ cups flour
1/2 teaspoon salt
1 teaspoon soda
3 teaspoons cinnamon
1 cup shortening
1½ cups brown sugar
3 eggs
2 cups coarsely chopped walnuts
1¼ cups cut-up dates
1 teaspoon vanilla

Sift flour, salt, soda and cinnamon. Cream shortening and brown sugar. Add eggs and mix well. Add sifted ingredients to creamed mixture. Stir in nuts, dates and vanilla. Shape into balls using about 1 tablespoon of dough for each. Place on lightly greased cookie sheet and bake in a moderate oven (350 degrees F.) 10 to 12 minutes. Yield: 6 dozen cookies.

LEMON FLUFF PUDDING (This is really a "special" perfect to complete a meal or for a dessert bridge or a buffet luncheon. Its hidden beauty lies in the fact that it can be made several hours ahead and stored in refrigerator till serving time).

1 cup hot water
1 package lemon-flavored gelatin
4 egg yolks
Juice of 1 lemon
1/2 cup sugar
4 egg whites
1 cup heavy cream, whipped
1/2 lb. vanilla filled wafers

Dissolve gelatin in hot water. Chill slightly. Beat egg yolks until light. Add lemon juice and sugar and cook over hot water, stirring constantly until thick and smooth. Cool slightly. Beat egg whites until stiff but not dry. Into the yolk mixture first fold gelatin, next beaten egg whites, last the cream which has been whipped. Roll the wafers into fine crumbs. Sprinkle half of the crumbs evenly over bottom of 9 inch square cake pan. Pour mixture on top of crumbs, sprinkle with remaining crumbs. Chill in refrigerator at least 2 hours, or until well set. Cut into squares and if desired serve with a dash of whipped cream topped with a maraschino cherry or other decorations to fit the party color scheme.

EXTRA SPECIAL SCRAMBLED EGGS

6 eggs
1/2 teaspoon salt
1/4 teaspoon Accent
Dash pepper
1/3 cup light cream
2 tablespoons minced parsley
2 tablespoons minced onion
2 tablespoons shortening
1 teaspoon prepared mustard

Beat eggs, seasonings and mustard; stir in cream and parsley. Cook onion in fat till tender but not brown. Add egg mixture. Cook slowly, stirring frequently, till eggs are just set. Makes 3 to 4 servings.

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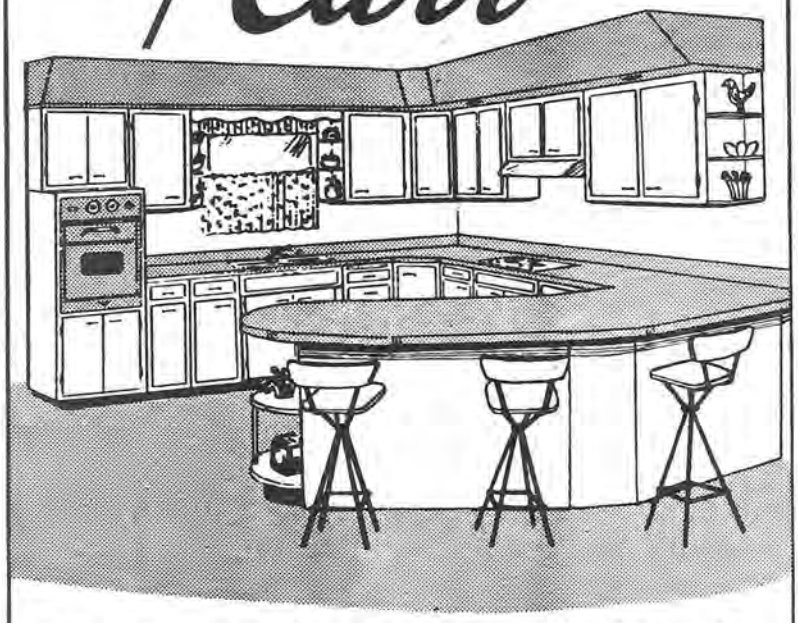

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TRUDY McNALL'S
I.G.A. HOME COOKING RECIPES

JUNE, 1962

Be sure to watch Trudy McNall Thursdays 2:00-2:30 P.M.--Channel 5.

June 7, 1962

MINT GLAZED LAMB CHOPS

8 loin or rib lamb chops
Mint jelly
1 tablespoon chopped parsley
Salt and pepper

Place chops on broiler rack, broil 4 inches from unit for about 8 minutes. Turn. Place 1 teaspoon of mint jelly on center of each chop. Broil for 4 minutes. Sprinkle with salt, pepper and parsley. 4 servings.

ROTISSERIE ROLLED LEG OF LAMB

1--6 to 8 pound leg of lamb, rotisserie style
1--1 pound 4 ounce can (2½ cups) pineapple chunks, drained
Parsley
Radish Roses
1/3 cup salad oil
1/4 cup water
1/4 cup lemon juice
2 tablespoons soy sauce
1 teaspoon sugar
1/2 teaspoon salt

Insert spit lengthwise through center of meat. Fasten securely. Insert metal meat thermometer in front end as close to center as possible without touching spit. Place spit in rotisserie compartment of range. Turn on medium heat. Cook 30 to 35 minutes per pound or until thermometer reaches 175 to 180 degrees. After the first hour of cooking brush every 15 minutes with basting sauce made by combining salad oil, water, lemon juice, soy sauce, sugar and salt. Garnish with pineapple chunks, parsley and radish roses. Note: This may also be done on outdoor rotisserie. Follow same instructions.

STRAWBERRY CHEESE PIE

Crust
1 cup flour
1/4 cup sugar
1 teaspoon lemon rind
1/2 cup butter
1 egg yolk
1/4 teaspoon vanilla

Place flour, sugar and lemon rind in small bowl of electric mixer. Blend in butter egg yolk and vanilla. Beat until dough is soft, pliable and gathers on beaters. Shape into a ball. Press dough evenly over bottom and sides of a 10 inch pie plate. Do not press crust on rim. Place shell in refrigerator and allow to chill overnight. Prick shell and bake at 400 degrees for 7 minutes. Cool.

FILLING
1 cup sugar
1½ tablespoons flour
1/8 teaspoon salt
1/4 teaspoon lemon rind
1/4 teaspoon orange rind
2-½ (8 oz. pkgs. cream cheese)
3 eggs
1 egg white
2 tablespoons evaporated milk
1/4 teaspoon vanilla

Combine sugar, flour, salt, lemon and orange rinds. Place cream cheese (softened) in large bowl of electric mixer, cream thoroughly. Gradually add sugar mixture; beat until light and fluffy. Add eggs and egg white, one at a time, beating well after each addition. Add milk and vanilla. Pour cheese filling into baked shell. Bake at 450 degrees for 9 minutes. Reduce oven temperature to 200 and bake for 15 minutes more or until set. Cool.

Topping
1 cup strawberries, crushed
1 tablespoon lemon juice
1/2 cup sugar
1 tablespoon cornstarch
3 cups whole strawberries

Combine crushed strawberries, lemon juice, sugar and cornstarch in saucepan. Cook over medium heat, stirring occasionally, until mixture is thick and clear. Cool. Carefully fold whole strawberries into cooled berry mixture until all berries are glazed. Arrange strawberry mixture over entire surface of cooled pie. NOTE: This pie will freeze.

June 14, 1962

CHICKEN LICKIN' GOOD PORK CHOPS

6 pork chops, 1 inch thick
1/3 cup flour
2 teaspoons salt
1 teaspoon dry mustard
1/2 teaspoon garlic powder (optional)
1 tablespoon shortening
1-10½ ounce can chicken rice soup

Dredge pork chops with blended flour, salt, dry mustard and garlic powder. Brown chops slowly in fat. Add soup. Cover and cook over low heat about 1 hour or until chops are done.

TANGY SALAD BOWL

1/3 cup vinegar
2 tablespoons sugar
3/4 teaspoon salt
1/2 teaspoon dry mustard
1/4 cup salad oil
1 teaspoon chopped onion
3 cups broken salad greens
1/2 sliced radishes
1/2 cup chopped celery
1 cup coarsely grated carrot
2 tomatoes, cut in wedges

Combine vinegar, sugar, salt and mustard in saucepan. Heat to boiling, simmer 1 minute. Stir in salad oil and chopped onion. Toss broken greens with radishes, carrot and tomato wedges. Add dressing and toss lightly again. Makes 6 servings.

FROSTED MARBLE BROWNIES

3/4 cup flour
1/2 teaspoon salt
1/2 teaspoon baking powder
1/2 cup shortening
1 cup sugar
2 eggs
1/2 teaspoon vanilla
1 square unsweetened chocolate
*Chocolate-Nut Frosting

Sift flour, baking powder and salt. Cream shortening and sugar, add eggs and blend well. Fold in sifted dry ingredients. Place about half of batter in another bowl. To one bowl add vanilla and blend. To other bowl add melted chocolate and blend. Drop chocolate mixture by teaspoons, in greased and floured 8 inch square pan, checkboard fashion. Fill in the empty spaces with vanilla-flavored batter. Zigzag rubber scraper or spatula through the two batters, being careful not to blend too well. Bake at 350 degrees for 35 minutes or till done. Cool in pan. Top with chocolate-nut frosting. Cut into 16 squares. NOTE: These will freeze.

CHOCOLATE-NUT FROSTING: Melt together 1 square unsweetened chocolate and 1 tablespoon butter, Stir in 2 tablespoons milk. Add 3/4 cup sifted confectioners sugar and 1/2 teaspoon vanilla. Beat until of spreading consistency. Spread frosting on brownies, top with chopped walnuts.

June 21, 1962

SPECIAL REQUEST: (FOIL-WRAPPED ROAST TURKEY)

Thaw frozen turkeys. Tie drumsticks to tail. Press wings to body so tips are flat against sides of breast. Use heavy aluminum foil (the thin tears too easily). Place turkey, breast up in center of foil. (Foil should be wide enough to have 5 to 6 inches extending beyond leg and breast ends of bird, if it isn't, join 2 pieces together with drugstore or lock fold, pressing to make leakproof joining). Bring one end of foil snugly over top of turkey; bring opposite end up, lapping over first (overlap should be 2 to 3 inches). Now fold foil down snugly at breast and legs; then press ends up (ends should be high enough to prevent drippings from running into the pan and burning). Place foil-wrapped bird, breast up, in bottom of shallow pan. Do not use rack. Roast at constant 450 degrees for 2¼ to 2½ hours for 8 to 10 pound bird, about 3 hours for 12 pound bird and 3½ hours for 14 to 16 pounds. 15 minutes before roasting time is up, remove turkey from oven and slit foil and fold away from bird to edge of pan. Return turkey to oven and roast for an additional 15 to 20 minutes or till turkey is done and brown NOTE: To stuff or not to stuff is optional. If you stuff the bird add 30 to 45 minutes to the total roasting time.

HEAVENLY SALAD (A delicious, delicate salad. Nice for a bridge luncheon or church luncheon. The women will love it served with a spiced peach and hot biscuits or rolls).

2 packages lime flavored gelatin	1--2 ounce jar pimientos, chopped
2 cups hot water	1 cup celery, diced
1--8 ounce package cream cheese	1 cup nuts, chopped
1 small can crushed pineapple, drained	1/2 pint heavy cream, whipped

Dissolve gelatin in hot water, cool. Mash the cream cheese, add pineapple, pimientos, celery and nuts. Fold this mixture into cooled gelatin and refrigerate or chill over ice cubes until thick but not set. Fold in heavy cream whipped. Pour into mold and chill until firm. Serves 10 to 12.

SUPERB NUT CAKE

3 cups cake flour	3 egg yolks
2½ teaspoons baking powder	3/4 cups milk
1 cup butter	1 teaspoon vanilla
1½ cups sugar	3/4 cup finely chopped walnuts
2 eggs	*Maple butter Icing

Sift flour and baking powder. Cream butter. Add sugar and beat until light and fluffy. Add the 2 eggs, one at a time, beating well after each addition. Add egg yolks; blend well. Fold in sifted dry ingredients alternately with milk. Add vanilla. Fold in the 3/4 cup walnuts. Pour batter into a 9 inch tube pan which has been greased and floured. Bake at 325 degrees for 1 hour and 10 minutes or until done. Remove from pan and cool. Frost with **Maple Butter Icing.** Garnish with finely chopped walnuts.

*Maple Butter Icing: Cream 1/3 cup butter. Gradually add alternately 3 cups sifted confectioners sugar and 1/2 cup maple syrup. Note: This cake and icing will freeze.

June 28, 1962

PICNIC MEAT LOAF (This one tastes just wonderful, slices well hot or cold and also freezes well).

1--8 ounce can tomato sauce	1 onion, minced
1/4 cup brown sugar	1/3 cup crushed saltines
1/4 cup vinegar	2 pounds ground beef
1 teaspoon prepared mustard	1½ teaspoons salt
1 egg, slightly beaten	1/4 teaspoon Ac'cent
1/8 teaspoon pepper	

Combine tomato sauce, brown sugar, vinegar and mustard in saucepan; stir over medium heat until sugar is dissolved. Combine egg, onion, saltines, meat and seasonings. Add 1/2 cup of the tomato sauce mixture; mix lightly and shape into a loaf in an uncovered pan. Pour the remainder of the tomato sauce over the meat loaf. Bake at 350 degrees for 1 hour. Serves 6 to 8.

NEW " CRISPY CRACKER TORTE" (May be baked with meat loaf)

1/8 teaspoon cream of tartar	1 cup finely chopped walnuts
3 egg whites	1/2 teaspoon vanilla extract
1 cup sugar	1-10 oz. pkg. frozen raspberries
8 finely crushed Krispy Saltine crackers	

Heat oven to 350 degrees. Sprinkle cream of tartar over egg whites in bowl. Beat until soft peaks form. Gradually add sugar, continuing to beat until meringue is very stiff. Fold in cracker crumbs, nuts and vanilla. Pour into a greased 1½ quart casserole and bake at 350 degrees for 1 hour, or until lightly browned and firm on top. Cool in pan. Meanwhile, defrost raspberries. Invert torte onto serving plate or serve from casserole, topped with berries. Makes 6 servings.

CHOCOLATE CHIP OATMEAL COOKIES

1/2 cup shortening	3/4 cup flour
1/2 cup brown sugar	1/2 teaspoon soda
1/2 cup white sugar	1/2 teaspoon salt
1 egg	1½ cups rolled oats, uncooked
1 tablespoon water	1-6oz. pkg. chocolate bits
1/2 teaspoon vanilla	1/4 cup chopped nuts

Cream shortening and sugars, Beat in egg, water and vanilla. Sift flour, soda and salt; add to creamed mixture. Stir in rolled oats, chocolate bits and nuts. Drop from teaspoon onto lightly greased baking sheet. Bake at 375 degrees for about 12 minutes. Yield: 3½ dozen cookies.

OVEN BAKED POTATOES (potatoes to bake with meat loaf)

6 medium potatoes	1/2 teaspoon salt
1/2 cup butter	Dash pepper and paprika

Pare potatoes. Put into shallow baking pan. Pour melted butter over the potatoes. Sprinkle with seasonings. Bake at 350 degrees about 1 hour, or until done. Turn occasionally during baking. 6 servings.

GREENS BEANS AND MUSHROOMS (A vegetable to bake with this oven meal)

1-10 ounce package frozen green beans, French style	1 tablespoon mushroom liquid
1-6 ounce can button mushrooms	1/2 teaspoon salt
	2 tablespoons butter

Partially thaw frozen beans until the block is easily separated. Drain mushrooms reserving 1 tablespoon liquid. Place all ingredients in 1½ quart casserole; cover. Bake at 350 degrees for 40 minutes. Serves 4.

TRUDY McNALL'S
I.G.A. HOME COOKING RECIPES

OCTOBER, 1962

Be sure to watch Trudy McNall Thursdays 2:00-2:30 P.M.--Channel 5.

October 4, 1962

BREADED LAMB CHOPS

6 lamb chops, shoulder rib or loin
1 egg, slightly beaten
1 tablespoon water
Dry bread crumbs
1/2 teaspoon salt
1/8 teaspoon pepper
3 tablespoons melted butter

Combine egg and water, add salt and pepper. Dip chops in egg, then in crumbs. Arrange in well greased shallow baking pan or dish. Drizzle butter over chops. Bake at 375 degrees for 1¼ hours.

OVEN CREAMED POTATOES

4 cups raw diced potatoes
3 tablespoons butter
3 tablespoons flour
1½ cups milk
1 teaspoon salt
1/8 teaspoon pepper

Place potatoes in well greased baking dish. Melt butter, add flour. Add milk, salt and pepper and cook, stirring constantly until slightly thickened. Pour over potatoes. Cover and bake with meat 375 degrees for 1¼ hours.

ORANGE DATE BREAD (Wonderful flavor from a whole orange)

2 cups flour
1½ teaspoons baking powder
1/2 teaspoon soda
1/2 cup hot water
2/3 cup dates
1 orange
1 egg
2 tablespoons soft butter
1/4 teaspoon salt
3/4 cup sugar
1/2 cup nuts

Sift flour, baking powder and salt into mixing bowl. Place in blender hot water and dates, switch on motor and add gradually 1 orange cut in eighths, seeds removed. Blend until finely cut. Add egg, butter, salt and sugar. Blend about 30 seconds. Add nuts, blend 15 seconds. Turn into dry ingredients and stir lightly. Pour into greased and floured loaf pan 9½x5½ inches. Bake at 350 degrees for 1 hour. Note: If you do not have blender mix as follows: Sift dry ingredients. Put orange through food chopper with dates. Pour hot water over orange and date mixture. Stir in butter, salt, sugar and egg. Combine liquid and dry ingredients. Stir till blended.

COCONUT DUTCH APPLE PIE

Crust - mixer method

1¼ cups flour
1/2 teaspoon salt
1/2 cup shortening
3 tablespoons ice water

Into the large bowl of the electric mixer, sift the flour and salt. Add half of the shortening to the flour mixture. Beat on No. 2 speed until mixture is very fine. Add remaining shortening and beat only till shortening is in larger pieces. Gradually add ice water. Beat on No. 1 speed just enough to hold dough together. Roll dough 1/8 inch thick and line a 9 inch pie plate.

Filling

2 tablespoons flour
1/2 cup sugar
1/8 teaspoon salt
1 teaspoon cinnamon
5 cups tart sliced apples
1 tablespoon lemon juice
1 tablespoon butter
1/4 cup sugar
1/2 cup flour
1/4 cup butter, melted
3/4 cup finely shredded coconut

Combine the 2 tablespoons flour, 1/2 cup sugar, salt and cinnamon. Place a layer of apples in a pastry lined 9 inch pie plate. Sprinkle apples with part of the flour-sugar mixture Lay remaining apples alternately with flour-sugar mixture. Sprinkle lemon juice over pie and dot with 1 tablespoon butter. Bake at 425 degrees for 35 to 40 minutes or till apples are tender. Combine the 1/4 cup sugar and 1/2 cup flour, add melted butter and mix till crumbly. Add coconut. Sprinkle mixture over baked pie. Return to oven and bake for 8 to 10 minutes, or till browned. Serve warm or cold. Note: This pie will freeze. Heat to thaw.

October 11, 1962

BAKED PORK CHOPS WITH APPLESAUCE

6 rib or loin pork chops, cut 1 inch thick
1 teaspoon salt
1/8 teaspoon pepper
1 can (16 ounces) applesauce
1/4 teaspoon nutmeg
1 teaspoon grated lemon rind
2 tablespoons cinnamon candies

Brown chops on both sides. Season with salt and pepper. Place in greased baking dish. Combine remaining ingredients. Pour over chops. Cover and bake at 350 degrees for 30 minutes. Uncover and continue to bake 30 minutes.

PINEAPPLE UPSIDE-DOWN BREAD PUDDING

1/4 cup butter, melted
1/3 cup brown sugar
9 slices well-drained canned sliced pineapple
9 maraschino cherries
2 eggs, slightly beaten
1/2 cup sugar
1/2 cup pineapple juice
1/2 cup milk
1 quart 1/2 inch soft bread cubes

Combine 2 tablespoons of the melted butter and brown sugar. Spread mixture evenly over the bottom of a 1½ quart casserole. Arrange sliced pineapple over sugar mixture and stand rest of sliced pineapple on sides of casserole. Place a cherry in center of each pineapple ring. Combine beaten eggs, sugar, pineapple juice, milk and remaining melted butter. Fold in soft bread cubes. Pour bread mixture over fruit in casserole. Bake at 350 degrees for 40 to 45 minutes or till set. Chill in refrigerator. Loosen pudding around edge and turn up-side down on serving plate. Serve plain or with whipped cream. Makes 6 servings.

CINNAMON NUT STICKS

1 package refrigerator biscuits
1/4 cup melted butter
1/4 cup brown sugar
2 tablespoons granulated sugar
1/2 teaspoon cinnamon
1/4 cup chopped nuts

With hands roll each biscuit into sticks about 4 inches long. Roll in melted butter, then in mixture of sugars, cinnamon and nuts. Bake at 425 degrees for 10 minutes.

October 18, 1962

BRAISED SHORT RIBS OF BEEF (Men love these)

3 tablespoons flour
2 teaspoons salt
1/8 teaspoon pepper
1/4 teaspoon rosemary
3 pounds short ribs of beef, cut into serving pieces
3 tablespoons shortening
1/2 cup chopped onion
1/2 cup chopped celery
1½ cups beef broth or consomme

Combine flour, salt, pepper, rosemary. Dredge the ribs with the seasoned flour. Saute onion and celery in shortening. Transfer the vegetables to a heavy pan with a cover. Brown ribs well on all sides. Place them in kettle with vegetables. Heat broth to boiling and add. Cover tightly. Bake at 325 degrees for 2 to 2½ hours or till tender. Skim off any excess fat. Thicken juices by stirring in a little of the seasoned flour mixed with cold water.

COLESLAW SOUFFLE SALAD

1 package lemon gelatin
1 cup hot water
1/2 cup cold water
1/2 cup mayonnaise
2 tablespoons vinegar
1/4 teaspoon salt
1¼ cups finely shredded cabbage
1/4 cup radish slices
1/2 cup diced celery
1/4 cup diced green pepper
1 tablespoon chopped onion
Lettuce--Radish Roses

Dissolve gelatin in hot water. Blend together cold water, mayonnaise, vinegar and salt. Add to dissolved gelatin. Chill until mixture begins to thicken. Beat with electric mixer till fluffy. Fold in cabbage, radish slices, celery, green pepper and onion. Pour into 6 oiled individual molds. Chill in refrigerator till set. Unmold on lettuce; garnish with radish roses.

LEMON JELLO CAKE (The recipe sounds crazy but the cake is just luscious, so lemony and refreshing... you just can't stop eating).

1 package lemon jello
3/4 cup cold water
4 eggs
3/4 cup salad oil
2 cups confectioners sugar
Juice of 2 lemons
1 package Yellow cake mix (Betty Crocker)

Combine lemon jello, cold water and eggs, beat for 2 minutes. Empty cake mix in bowl, add jello mixture and oil. Beat 1 minute. Pour into 9 x 13 inch pan. Bake at 350 degrees for 45 minutes. Remove from oven. Prick full of holes with fork. Combine confectioners sugar and juice of lemons. Pour over hot cake. Note: Use long tine fork.

October 25, 1962

SWEDISH MEAT BALLS (Special request)

1 cup soft bread crumbs
1 cup milk
1 pound ground beef
1 egg, well beaten
1 tablespoon minced onion
1/4 teaspoon ground mace
1/8 teaspoon ground allspice
1 teaspoon salt
1/8 teaspoon pepper
3 tablespoons shortening
1 can condensed consomme
1 cup water
1/2 cup evaporated milk
2 tablespoons chopped parsley
3 tablespoons flour

Soak bread crumbs in milk. Add beef, egg, onion, spices and seasonings. Mix well. Shape into tiny meat balls about the size of a walnut. (This is made easy if you wet your hands with cold water). Heat fat in skillet, brown meat balls on all sides. Remove the meat balls, stir flour into drippings. Add consomme, water and evaporated milk. Stir constantly until mixture thickens. Add parsley and meat balls. Cover skillet and simmer gently for about 15 minutes. Delicious with buttered noodles. Serves about 5.

ROYALE ROUND STEAK

1 round steak, at least 1/2 inch thick
3 tablespoons flour
2 teaspoons paprika
1 teaspoon salt
1/8 teaspoon pepper
1/4 cup shortening
1/4 cup sliced onions
1 -4 ounce can mushrooms, drained
1/2 cup water or bouillon
1/2 cup commercial sour cream

Cut steak in 4 pieces. Combine flour, paprika, salt and pepper and pound into steak. Brown steak on both sides in shortening. Top with onions and mushrooms. Add water or bouillon, cover, and cook over low heat till meat is tender about 1 hour. Add additional liquid if needed. Remove steak to warm platter. Spoon off excess fat, add sour cream to liquid in pan. Dilute with water to right consistency. Reheat sauce and serve over meat. Yield: 4 servings.

ORANGE GLAZED BAKED APPLES

4 large baking apples
1 cup brown sugar
1/3 cup chopped walnuts
1/2 cup water
1 teaspoon orange rind
1 tablespoon butter
1/2 cup orange juice

Core the apples. Peel about 1/3 of the way down from stem end. Put in a shallow baking dish. Combine the 1/3 cup of brown sugar and the walnuts. Fill apples with this mixture. Combine remaining sugar, water, orange juice and rind. Stir on low heat till sugar melts, simmer for 10 minutes. Pour over the apples. Dot apples with butter. Bake uncovered at 375 degrees for 35 to 40 minutes or till tender. Baste 2 or 3 times with the syrup in the baking dish while baking.

GINGER CAKES (Delicious soft ginger cookies...the thick kind).

2¼ cups flour
1/2 teaspoon salt
1/2 teaspoon soda
1 teaspoon ginger
1/2 teaspoon nutmeg
1/2 teaspoon cloves
1/2 teaspoon cinnamon
1/4 cup shortening
1/2 cup brown sugar
1 egg
1/2 cup light molasses
1/2 cup hot water

Sift dry ingredients. Cream shortening and sugar, add egg and beat well. Blend in molasses. Add sifted dry ingredients alternately with hot water. Chill dough well. Drop by tablespoonfuls onto lightly greased cookie sheet. Bake at 400 degrees for 8–9 minutes. While still warm frost with Cream Icing. Makes about 3½ dozen. Note: These will freeze.

Cream Icing

1½ cups sifted confectioners sugar
2 tablespoons soft butter
About 2 tablespoons cream

Blend sugar into soft butter, adding cream to make a desirable consistency.

TRUDY McNALL'S
I.G.A. HOME COOKING RECIPES

JANUARY 1964

Be Sure to Watch Trudy McNall Thursdays 2:00 - 2:30 P.M. -- Channel 8

POT ROAST WITH QUICK MUSHROOM GRAVY

- 3 pound TABLERITE arm or blade beef roast
- 2 tablespoons shortening
- 1 large onion, sliced
- ½ cup red wine or tomato juice
- ¼ cup water
- 1 tablespoon Worcestershire sauce
- 1 teaspoon salt
- 1 teaspoon garlic salt
- 1 teaspoon paprika
- 1/8 teaspoon pepper
- 1 can (10½ oz.) condensed mushroom soup

Brown meat on both sides in shortening in large skillet or Dutch oven. Add all remaining ingredients except soup. Cover tightly and simmer 2½ to 3 hours until meat is tender. Remove meat to heated platter. Blend soup into drippings and mix until smooth. Heat thoroughly and serve with the meat. Makes 6 servings.

SKILLET MEAT LOAF

- 1½ pounds IGA ground beef
- 1 (10½ oz. can) cream of mushroom soup
- ½ cup dry bread crumbs
- 1 medium onion, chopped
- 1 teaspoon salt
- 1 teaspoon Worcestershire sauce
- 1/8 teaspoon pepper
- 1 egg
- 3 tablespoons milk

Combine ½ can soup and all remaining ingredients except milk in large bowl. Blend well. On waxed paper or foil, shape into a 9 X 5 inch rectangle. Place in hot (325 degree) electric skillet. Brown 5 minutes; then, using 2 spatulas turn and brown other side 5 minutes. Delute remaining soup with milk; spoon over loaf. Reduce skillet temperature to 250 degrees. Cover and bake for 45 minutes. Makes 6 servings.

SWEET 'N SOUR PORK CHOPS

- 4 rib or loin pork shops cut ¾ to 1-inch thick
- 1 tablespoon shortening
- 1 bouillon cube
- 1 cup boiling water
- 1 tablespoon soy sauce
- 2 tablespoons cornstarch
- ¼ cup brown sugar
- 1 can (8¾ ounce) pineapple chunks
- ½ green pepper, cut in strips
- ¼ cup chopped onion
- 2 tablespoons water

Brown chops in shortening on both sides in skillet. Add bouillon cube, boiling water, vinegar, soy sauce, sugar, pineapple chunks and syrup, green pepper and onion. Cover and simmer 1 hour. Remove chops to heated platter. Combine cornstarch and 2 tablespoons water. Stir into cooking liquid. Cook, stirring constantly, until mixture is thick and clear. Serve over chops.

HERBED BAKED CHICKEN

- 2 IGA broiler-fryer chickens
- ½ cup chicken broth
- 1 tablespoon instant minced onion
- 1 teaspoon salt
- ½ teaspoon poultry seasoning
- 1/8 teaspoon pepper
- 2 teaspoons cornstarch
- 2 teaspoons water

Split chickens. Place in a 15½ X 10½ X 2¼ inch baking dish. Add enough chicken broth to half cover the chicken. Combine onion, salt, poultry seasoning, pepper and add to chicken. Bake uncovered at 350 degrees for 1½ hours or till chicken is tender. Remove chicken to a serving dish. Thicken liquid in pan with cornstarch mixed with the water. Stir until thickened. Serve over chicken or in gravy boat. Yield 4 servings.

PEPPER STEAK

- 1¼ pounds round steak
- 4 tablespoons flour
- 1 teaspoon salt
- ¼ teaspoon pepper
- 1 large green pepper, cut into strips
- 1 medium onion, sliced
- ¼ cup shortening
- 1 can condensed tomato soup
- ½ cup water
- 1 tablespoon lemon juice
- 4 thin slices lemon

Pound flour and seasonings into steak. Cut into 4 pieces. Score edges to prevent curling during cooking. Saute green pepper and onion in shortening. Remove, brown meat. Return onion and greep pepper to skillet. Combine soup, water and tomato juice, pour over steak. Place slice of lemon on each piece of steak. Cover and simmer for 1 hour or till tender. Serves 4.

Marjories Winter Festival Salad (nice for a party)

- 2/3 cup red cinnamon candies
- 1 cup hot water
- 1 package lemon jello
- 1½ cup applesauce
- 8 ounce package cream cheese
- 1 cup chopped nuts
- 1 cup chopped celery
- ½ cup mayonnaise

Dissolve cinnamon candies in hot water, add jello and stir until dissolved. Add applesauce. Pour ½ of mixture into 8 inch square pan. Chill until set. Cream cheese well, add nuts, celery and mayonnaise. Spread over set layer. Top with remaining gelatin mixture. Chill until firm. To serve cut into squares. Note: This is very pretty with the 2 pink layers and the white layer in between . . . and oh so very good.

CAESAR SALAD

- 1 clove garlic
- ½ cup salad oil
- ½ head lettuce
- ¼ bunch curly endive
- 1 (1 ounce) can anchovy fillets, drained and cut up
- 3 tomatoes, diced
- 1 egg, slightly beaten
- 1 tablespoon Worcestershire sauce
- ¼ cup lemon juice
- ½ teaspoon pepper
- ¾ teaspoon salt
- ½ cup Parmesan cheese
- 1 cup croutons

Cut clove of garlic in half, add to salad oil. Break lettuce into large wooden salad bowl. Tear endive, put into salad bowl, add anchovies and tomatoes. Remove garlic from oil and pour over the salad greens. Combine remaining ingredients except croutons. Pour over salad. Add croutons and toss lightly.

BESS'S BEAN DELIGHT

(A special favorite with the men. Flavor is wonderful)

1 can kidney beans, well drained
1 can tiny green beans (whole)
1 can wax beans
½ cup chopped green pepper
2/3 cup sugar
½ cup salad oil
½ cup vinegar
½ cup chopped onion

Combine all ingredients and let stand in refrigerator overnight. Stir occasionally. Note: The longer this stands the better it gets . . . has a sweet-sour taste.

SPINACH SOUFFLE (Serve this as a dinner vegetable for a party. Even folks who say they don't like spinach like this.)

2 pkg. frozen spinach
2 cups medium white sauce
2 egg yolks
Salt, pepper and nutmeg
2 egg whites
½ cup packaged seasoned bread crumbs

Thaw spinach. Combine with white sauce, egg yolks, salt and pepper to taste and about ¼ teaspoon nutmeg. Fold in egg whites and bread crumbs. Place in well buttered ring mold. Bake in a pan of water for 1½ hours at 375 degrees. Note: Use 10 ounce packages of frozen chopped spinach.

MARY ANN'S BUTTERSCOTS (From Mary Ann Fallon - First prize winner in District Teen-Age Baking Contest – Second prize winner in State)

½ cup milk
¼ cup sugar
½ teaspoon salt
2 tablespoons margarine
¼ cup warm water
1 pkg. or cake yeast
1 egg
2½ cups flour
½ cup margarine
2/3 cup brown sugar
2 teaspoons corn syrup
½ cup chopped nuts

Scald milk; stir in sugar, salt and 2 tablespoons margarine. Cool to luke warm. Measure very warm water into large bowl. Sprinkle or crumble yeast in. Stir till dissolved. Stir in lukewarm milk mixture, egg and half the flour. Beat 2 minutes at medium speed with electric mixer. Stir in remaining flour to make a soft dough. Scrape down sides of bowl. Cover, let rise in warm place until doubled in bulk, about 50 minutes. Meanwhile melt ½ cup margarine, stir in borwn sugar and corn syrup; bring to a rolling boil. Spread immediately in 15 custard cups with the chopped nuts in the bottom. Stir dough down. Dough will be very soft. Turn out onto a well floured board. Rub hands well with margarine or shortening to make the handling easier. Shape dough in 2 inch balls and place in the custard cups. Let rise in warm place until doubled in bulk, about 30 minutes. Bake in hot oven 400 degrees for 20 to 25 minutes or till done. Invert pan over large platter or plate after cooling for about 5 minutes. Remove rolls from the custard cups and serve warm.

30 Minute Bread (From Doris Quackenbush-Home Economist for Kitchen Aid)

1 cup milk
1 cup water
2 tablespoons shortening
3 teaspoons salt
2 tablespoons sugar
2 cakes compressed yeast or 2 packages dry yeast
3 tablespoons warm water
6-7 cups flour

Heat milk to boiling point. Add salt and shortening. Remove from heat and add 1 cup cold water; mixture should be about 110 degrees. Combine yeast, sugar and 3 tablespoons warm water. Pour liquid into mixer bowl and add yeast mixture. Start on low speed (2 on Kitchen-Aid mixer) and add 2 cups flour. Beat 3 minutes. Turn to medium speed (4 on Kitchen-Aid) and gradually add 2 cups flour. Turn to high speed (6 on Kitchen-Aid) and beat 3 minutes. Turn to low speed and add rest of flour and continue mixing for 5 minutes or until dough looks smooth. Divide and mold into 2 loaves. Place in well greased bread pans. Oil top of loaves. Place in cold oven, turn heat on for 1 minute, turn off. 30 minutes later turn on to bake and bake for 45 minutes to 1 hour at 400 degrees. Note: If you do not have Kitchen-Aid mixer, the final amount of flour must be worked by in hand and the mixture kneaded for 5 minutes.

CARAMEL FROSTED APPLE CAKE

1¼ cups salad oil
1½ cups sugar
2 eggs
2½ cups flour
1 teaspoon salt
1 teaspoon soda
3 cups peeled and chopped apples
1 cup chopped pecans
* Caramel Frosting

Place salad oil in large bowl, add sugar and eggs and beat until creamy. Combine flour, salt, soda and baking powder. Add flour mixture gradually to oil, blend well. Stir in apples and nuts. Spread in greased and floured 9 X 13 inch pan. Bake at 350 degrees for about 50 minutes or until done. While warm spread with Caramel Frosting.

* Caramel Frosting: Combine ½ cup butter, ½ teaspoon salt, 2 tablespoons evaporated milk, 1 cup brown sugar and 3½ cups sifted confectioners sugar. Heat until bubbling, stirring constantly. Spread on warm cake.

PEANUT "KISS" COOKIES (A chocolate candy kiss crowns each cookie before baking.)

½ cup shortening
¼ cup peanut butter
½ cup brown sugar
½ cup white sugar
1 egg
1 teaspoon vanilla
1¾ cups flour
1 teaspoon soda
½ teaspoon salt
Granulated sugar and Chocolate candy kisses

Cream shortening, peanut butter, brown and white sugar. Add egg and vanilla and cream well. Combine flour, soda and salt and add. Mix well. Shape into small balls, roll each in granulated sugar, place on lightly greased baking sheet. Bake at 350 degrees for about 8 minutes. Remove from oven and press a chocolate candy kiss into each cookie pressing down till cookie cracks around edge. Bake for 3 minutes longer. Makes 5½ to 6 dozen cookies.

CHOCOLATE MINT PIE

1 tablespoon unflavored gelatin
¾ cup sugar
2 cups milk
3 eggs, separated
1 tablespoon cornstarch
2 squares unsweetened chocolate
½ cup heavy cream
3 tablespoons cream de menthe or mint syrup
1 baked 9 inch pastry shell
Unsweetened chocolate for garnish

Combine gelatin and ½ cup of the sugar in top of double boiler. Add milk and heat over hot water until scalding. Beat egg yolks, add corn starch. Gradually stir in some of the hot milk, return to double boiler and cook, stirring constantly until thickened. Remove from heat and chill till mixture begins to thicken. Beat egg whites until stiff, gradually add remaining ¼ cup sugar and beat until a stiff meringue is formed. Beat cream until thick. Melt the 2 squares chocolate. Fold egg whites and cream into chilled custard. Divide mixture in half, add the melted chocolate to one half, add the cream de menthe to the other half. Turn chocolate mixture into baked pie shell, chill for about 5 minutes, top with other half of mixture. Chill until firm. Garnish with chocolate curls. Note: To make chocolate curls use vegetable peeler.

LUSCIOUS FRUIT BARS (These are rich and rather crumbly. Best to eat with a fork.)

1 cup currants
1 cup seedless raisins
1 cup sugar
¼ teaspoon salt
1 teaspoon cinnamon
½ teaspoon cloves
1 teaspoon vinegar
1 tablespoon butter
1½ cups hot water
1½ cups flour
1 cup brown sugar
¼ teaspoon salt
1 teaspoon baking powder
¾ cup butter or margarine
¼ cup flour

For filling, combine currants, raisins, the 1 cup sugar, salt, cinnamon, cloves, vinegar, ¼ cup flour, 1 tablespoon butter and hot water. Cook stirring constantly until thickened. Cool. For crust combine flour, brown sugar, salt and baking powder. Cut in butter as for pie crust. Pat about 2/3 of this mixture into lightly greased 9 X 13 inch pan. Spread with fruit filling. Sprinkle remaining crumbs over the top. Bake at 350 degrees for 35 minutes. Cool and cut into bars or squares.

FEATHERY ORANGE CAKE (Nice for a birthday-ideal for evening coffee too.

2 cups cake flour
2 teaspoons baking powder
¼ teaspoon salt
6 eggs
2 cups sugar
7/8 cups orange juice
2 teaspoons grated orange peel
2 teaspoons butter or margarine

Sift flour, baking powder and salt. Beat eggs until thick and almost white in color. Add sugar gradually, beating constantly. Fold in flour mixture, about ¼ cup at a time. Combine remaining ingredients. Heat just until butter dissolves. Add to flour mixture. Stir gently till smooth. Spoon into lightly greased tube pan 10 inches in diameter and about 4 inches deep. Bake at 325 degrees for about 1 hour 15 minutes or till cake tests done. Invert pan and let stand until cool. Remove from pan. Frost top and sides with Orange Butter Frosting.

Orange Butter Frosting

3 tablespoons butter
4 cups confectioners sugar
2 teaspoons grated orange peel
4 tablespoons orange juice
Dash salt

Cream butter, add sugar gradually, creaming thoroughly. Add orange peel and enough orange juice to make frosting of spreading consistency. Add salt.

TRUDY McNALL'S

I.G.A. HOME COOKING RECIPES

APRIL 1964

Be Sure to Watch Trudy McNall Thursdays 2:00 - 2:30 P.M. -- Channel 8

CHICKEN PAPRIKA

1/4 cup IGA butter or margarine
2 tablespoons salad oil
2 IGA broiler-fryers cut-up
1/2 cup sliced onion
1/2 cup shredded carrot
1/2 cup diced celery
2 tablespoons paprika
5 tablespoons flour
1 tablespoon ketchup
1 1/2 teaspoon salt
1/4 teaspoon pepper
1-3/4 cups chicken broth (canned)
1/2 cup dairy sour cream

Heat butter and salad oil in skillet or Dutch Oven. Brown chicken until golden on all sides. Remove chicken. Saute onion, carrot and celery for several minutes. Add paprika; cook 1 minute. Stir in flour, ketchup, salt and pepper. Gradually add chicken broth; bring to boiling. Add chicken, simmer covered 35 to 40 minutes or till chicken is tender. Remove chicken to hot platter. Stir in sour cream, heat gently. DO NOT BOIL. Pour some of sauce over chicken. Pass rest in bowl 6 servings.

SWISS STEAK MONTEREY

2-1/2 pounds IGA round or chuck steak
1/3 cup flour
1 teaspoon salt
1/4 teaspoon pepper
3 tablespoons shortening
2 cans (8 oz each) tomato sauce
1 envelope dehydrated onion soup mix
1 cup dairy sour cream

Cut meat into serving-size pieces. Combine flour and seasonings; rub or pound into all sides of meat. Heat shortening in skillet or Dutch oven. Brown meat well on all sides. Add tomato sauce and onion soup mix; cover. Simmer about 2 to 2 1/2 hours or till tender. Stir sour cream into gravy; reheat just till hot. Serve with mashed potatoes. 6 servings.

BAKED ITALIAN BEEF PATTIES

1 pound ground beef
1 egg
1/4 cup finely chopped green pepper
1 small onion, minced
1/2 teaspoon oregano
1 teaspoon salt
1/8 teaspoon pepper
1/2 teaspoon Worcestershire sauc
1/2 cup biscuit mix or pancake flour
1/3 cup tomato juice
Grated Romano Cheese

Combine all ingredients except cheese. Mix lightly. Shape into patties and place in oiled baking dish. Bake at 400 degrees for 20 minutes. Remove from oven, sprinkle patties with grated Romano cheese. Garnish as desired with stuffed olives. Makes 4 patties. Note: This is a soft mixture. 4 servings.

STUFFED PORK CHOPS IN A SKILLET

2 tablespoons shortening
1 tablespoon chopped onion
1/4 cup diced celery
2 cups soft bread crumbs
1/2 teaspoon salt
1/4 teaspoon sage
1/8 teaspoon pepper
4 pork chops, one inch thick, cut with pocket
1/4 teaspoon salt
1/8 teaspoon pepper
1/3 cup water
Garnish: Spiced crabapples

1. Stuffing: Melt shortening in skillet. Add onion and celery and cook until vegetables are softened. Add bread crumbs, salt, sage and pepper. Mix well. Fill pockets in chops with this stuffing.
2. Brown chops on both sides in skillet. Sprinkle with salt and pepper. Pour water into skillet. Cover tightly, simmer for ½ hour or till tender. Garnish with crabapples. 4 servings.

SWEET SOUR POT ROAST

3 to 5 pounds IGA pot roast
2 tablespoons shortening
1/2 cup sliced onion
1 cup vinegar
3/4 cup brown sugar
1/4 teaspoon nutmeg

Brown roast in hot shortening. Add onions and cook till transparent. Add vinegar, sugar and nutmeg. Cover tightly and simmer for 3 hours or till tender.

VEGETABLE VARIETIES

Scalloped Tomatoes and Corn: Combine in casserole 1 can tomatoes, 1 can whole kernel corn, a little chopped onion and strips of green pepper. Top with buttered crumbs. Bake in oven with Italian Beef Patties for 20 minutes.

Double Boiler Creamed Potatoes: In top of double boiler place 1 1/2 cups milk, 4 cups raw diced potatoes, 3 tablespoons butter and salt and pepper to taste. Cover and cook over boiling water for about 45 minutes or till potatoes are tender. Stir occasionally. Sprinkle with paprika and chopped parsley before serving. NOTE: These potatoes thicken nicely no flour necessary.

Baked Frozen Vegetables: Place 2 packages frozen corn, lima beans, peas, green beans or squash in 2 quart casserole. Add 1/4 cup butter, 1 teaspoon salt and 1/8 teaspoon pepper. Cover tightly and bake at 350 to 375 degrees for about 45 minutes. Stir once half way through cooking process. If vegetables are frozen solid, no water is necessary, providing you have casserole with tight cover.

REPEAT REQUESTS

BEST APPLESAUCE CAKE

(Demonstrated November 1953)

1/2 cup shortening
1 cup granulated sugar
1/2 cup brown sugar
2 eggs
2 cups flour
1 teaspoon baking powder
1 teaspoon cinnamon
1 teaspoon cloves
1/4 teaspoon salt
1/2 teaspoon soda
1 cup applesauce
1 cup chopped nuts

Cream shortening and sugars together. Add eggs and beat until smooth and creamy. Sift flour, baking powder, cinnamon, cloves, salt and soda together. Add dry ingredients alternately with applesauce. Fold in nuts. Bake in greased and floured 8 x 8 x 2 inch pan 350 degrees for about 1 hour.

30 MINUTE BREAD (Demonstrated January 1964)

1 cup milk
1 cup water
2 tablespoons shortening
3 teaspoons salt
2 tablespoon sugar
2 cakes compressed yeast or 2 packages dry yeast
3 tablespoons warm water
6 cups flour (about)

Heat milk to boiling point. Add salt and shortening. Remove from heat and add 1 cup cold water; mixture should be about 110 degrees. Combine yeast, sugar and 3 tablespoons warm water. Pour liquid into mixer bowl and add yeast mixture. Start on low speed (2 on Kitchen Aid mixer) and add 2 cups flour. Beat 3 minutes. Turn to medium speed (4 on Kitchen-Aid) and gradually add 2 cups flour. Beat 3 minutes. Turn to low speed and add remaining flour. Continue mixing for 5 minutes or until dough looks smooth and elastic. Divide dough and mold into 2 loaves. Place in well greased bread pans. Oil top of loaves. Place in cold oven, turn heat on for 1 minute, turn off. 30 minutes later turn oven on to bake and bake bread for 45 minutes at 375 to 400 degrees or till done. Note: If you do not have Kitchen-Aid you can mix bread as you usually do, kneading the bread till it is smooth and elastic, then follow baking procedure.

GRANDMOTHER'S GINGER COOKIES
(Thick with crackled sugary top. Demonstrated Sept. '53)

3/4 cup shortening
1 cup brown sugar
1 egg
1/4 cup molasses
2 1/4 cups flour
2 teaspoons soda
1/4 teaspoon salt
1/2 teaspoon cloves
1 teaspoon cinnamon
1 teaspoon ginger

Cream shortening and sugar. Add egg and mix well; stir in molasses. Sift flour, soda and spices. Add to first mixture. Roll dough into balls the size of walnuts. Dip tops in granulated sugar. Place 3 inches apart on ungreased cookie sheet. Bake at 375 degrees 10 to 12 minutes. DO NOT OVERBAKE. Yield: 3 dozen

ORANGE DATE BREAD (Demonstrated Sept. 1953)

1 medium orange
1 cup dates
2 tablespoons melted shortening
1 teaspoon vanilla
1 egg
2 cups flour
1/4 teaspoon salt
1 teaspoon baking powder
1/2 teaspoon soda
1 cup sugar

Squeeze orange and measure juice. Add boiling water to make 1 cup liquid. Place in Osterizer. Remove white membrane from orange (Important for the membrane is bitter.) Place dates and orange rind in Osterizer with liquid. Switch motor off and on a couple times until dates and orange are well chopped. Pour mixture into bowl. Stir in shortening, vanilla, eggs and sifted dry ingredients. Mix only until well blended. If desired add 1/2 cup chopped nuts. Pour into greased and floured bread pan. Bake at 350 degrees for about 1 hour. Note: If you do not have Osterizer put dates and orange rind through food grinder.

ICE CREAM PUFFS--Luscious Fudge Sauce.
(Demonstrated October 1958)

1/2 cup butter or margarine
1 cup water
1/2 teaspoon salt
1 cup flour
4 eggs

Bring butter, water and salt to a boil. Add flour all at once and stir vigorously until the mixture forms a ball and clears the sides of the pan. Remove from heat, add eggs, one at a time, beating after each addition. (Note: Your electric mixer works fine for this.) Mixture should be smooth and glossy. Drop by rounded spoonfuls onto ungreased-cookie sheet. Bake at 425 degrees for 15 minutes, then reduce heat and bake at 375 degrees for 20 to 25 minutes until puffs are dry. Remove and cool. Makes 12. To serve: Split puff in two, place a scoop of ice cream on bottom half, cover with top half. Spoon over Fudge Sauce or pass sauce separately. Tip: Having a party. Make ahead, fill with ice cream, wrap and freeze.

FUDGE SAUCE (Always creamy and smooth)

1/2 cup butter or margarine
2 1/4 cups confectioners sugar
2/3 cup evaporated milk
4 to 5 squares unsweetened chocolate

Combine butter and sugar in top of double boiler. Add evaporated milk and chocolate (cut into small pieces). Cook over hot water for 30 minutes. DO NOT STIR WHILE COOKING. Remove from heat and beat. If you wish a thinner sauce, thin with cream but do not add water.

CHEESE STRATA Demonstrated October 1953
(A delicious luncheon or supper dish)

12 slices bread
1/2 pound cheese (sliced)
2 eggs
2-2/3 cups milk
1 teaspoon salt
1/8 teaspoon pepper

Line a buttered baking dish with 6 slices of bread. Slice cheese and cover bread with it. Cover cheese with remaining slices of bread. Beat eggs, add milk and seasonings. Pour over bread. Cover and store in refrigerator several hours or overnight. Bake uncovered at 400 degrees for 25 minutes.

APRICOT CHEWY SCOTCHES (New recipe)

3/4 cup flour
1 teaspoon baking powder
1/2 teaspoon salt
1/2 cup butter or margarine
1 cup brown sugar
1/3 cup apricot preserves or jam
1 1/2 cups quick cooking oatmeal
Confectioners sugar

Sift flour, salt and baking powder. Melt butter in saucepan. Add brown sugar and stir until bubbly. Stir in apricot preserves. Add oatmeal and dry ingredients. Mix well. Cover a baking sheet with aluminum foil, turn up edge 1/2 inch all the way around. Spread dough in center to about a 6 inch square. Bake at 300 degrees for 25 to 30 minutes. Dough spreads while baking. Cool for about 15 minutes, then sprinkle with confectioners sugar, cut into squares or bars. Store in tightly covered container.

MARBLED BROWNIES
(New recipe--Makes 24 brownies)

CHOCOLATE LAYER:

3/4 cup butter or margarine
3 squares unsweetened chocolate
3 eggs
1 1/4 cups sugar
1 1/2 cups cake flour
1/2 teaspoon baking powder
1/2 teaspoon salt
1 1/2 teaspoons vanilla

Melt butter and chocolate together over low heat or hot water; cool slightly. In a large mixing bowl combine eggs and sugar. Beat until thick and light colored. Add chocolate mixture; beat at high speed for 1 minute. Sift flour, baking powder and salt. Add to mixture. Stir in vanilla.

CHEESE LAYER:

1/4 cup sugar
2 tablespoons butter
1 tablespoon cornstarch
1 egg, beaten
1/2 teaspoon vanilla
1/4 teaspoon salt
1 cup cottage cheese, sieved

Cream sugar and butter; blend in cornstarch. Add cottage cheese, egg, vanilla and salt. Mix well. Spread half the Chocolate Layer in bottom of greased and floured 13 x 9 x 2 inch pan. Pour Cheese Layer on top. Spread remaining Chocolate Layer over all. Press back of spoon into batter several times to form marbled effect. Bake 40 to 45 minutes at 350 degrees. Cool. Cut into bars or squares.